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NEWS
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Intel from torture still OK: Tories

The federal Conservatives say they don't condone torture, but will still use intelligence derived from it **PAGE 12**

State of emergency in parts of B.C.

High winds, heavy rain, and a king tide anticipated as Vancouver preps for possible flooding **PAGE 14**

Council votes to keep tax hike at 2%

Unanimous recommendation to city staff helps Mayor Jim Watson keep one of his election promises **PAGE 4**



Downtown makeover

The town that fun remembered? As Canada's 150th anniversary approaches, all sorts of interesting ideas for the capital are emerging. At left, fans wait for the game to start at the Canadian Tire Centre in Kanata, but the team says it's interested in having an arena located at LeBreton Flats. At right, an artist's rendering of a renovated National Arts Centre, which the federal government announced will be completed just in time for the sesquicentennial. Stories, pages 3 and 6. LEFT: PHILLIP MACCALLUM/GETTY IMAGES; RIGHT: COURTESY DIAMOND AND SCHMITT ARCHITECTS

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West end

Man goes into cardiac arrest while shovelling snow

An Ottawa man in his 70s is in critical condition after collapsing while shovelling snow in his driveway Wednesday.

Paramedics found the man around 3 p.m. in cardiac arrest at his west end home. Bystanders were administering CPR before paramedics took over and restarted the man's heart. He wasn't breathing on his own when he arrived at hospital. Paramedics are reminding residents to be careful when shovelling wet snow, as the activity could result in "heavy demand on the heart."

Residents who experience shortness of breath or chest pains while shovelling are urged to contact 911 immediately.

TREVOR GREENWAY/METRO

Somerset

Man injured in hammer attack

Police in Ottawa are looking for a suspect who randomly attacked a man with a hammer Tuesday evening. The victim, who was walking in the Somerset area, was sent to hospital with severe face and head injuries.

The suspect was also carrying a knife concealed in a plastic package. He is described as a white male about 6'2" and weighing about 240 pounds. He was seen wearing a dark jacket and a dark toque and was carrying a bag.

Anyone with information is urged to contact police at 613-236-1222 ext 5166. TREVOR GREENWAY/METRO



Adrian Burns, from left, acting chair of the National Arts Centre board of trustees, and MPs John Baird and Shelly Glover unveil the new design concept for the NAC, which is expected to undergo a major rejuvenation project over the next few years. JOE LOFARO/METRO

National Arts Centre to get a \$110M makeover

In time for Canada's 150th birthday. Brown concrete façade will be replaced with a wall of glass and steel



JOE LOFARO
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The National Arts Centre is getting a major \$110 million facelift after the federal government announced the funding to transform the downtown landmark into a more "inviting" facility.

In a few years, the brown concrete façade will be replaced with a wall of glass and steel, offering a clear view of performances from the interior of the building. There also

will be a glass tower facing Elgin Street and an exterior that can display high-definition videos, photos and live feeds of performances.

Principal architect Don Schmitt of Diamond and Schmitt Architects, the Toronto firm that designed the new concept, said he will have to be "very diligent, very focused" to get the project finished on schedule for 2017, in time for Canada's 150th birthday.

The City of Ottawa is already in promotion mode to make the capital the place to be in 2017 to mark the Canadian milestone and hopes to attract eight million new tourists all year long.

Heritage Minister Shelly Glover said she has "confidence in the architect and his team" and their ability to get it done on time.

Upgrades

Other upgrades included in the renovation project:

- New north atrium with upper level lounge with views of Parliament Hill
- Catering, meeting, and event space increased from 7,500 sq. ft. to 18,000 sq. ft.
- More washrooms in the lobby area
- Additional ramps, elevators, and walkways

The NAC was originally supposed to open in 1967 for Canada's 100th birthday, but construction lagged and it didn't open its doors until

June 2, 1969.

Diamond and Schmitt Architects has also designed other high profile projects, such as the Maison Symphonique in Montreal and the new Marinsky Theatre in St. Petersburg, Russia.

NAC president and CEO Peter Herrndorf said the contemporary design will make the building more transparent for audiences who will be able to see the artists performing.

"The National Arts Centre has been kind of blocky and this opens up the building not only to embrace the Confederation Square and the capital, but to embrace individual audience members as they're coming to the National Arts Centre," said Herrndorf.

Construction is expected to start in late spring 2015, according to Schmitt.

11 NEWS

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OCHC may get tax exemption



City officials at the opening of a \$2.5-million facility in August.

LUCY SCHOLEY/METRO

The city's largest social housing corporation could get a \$3-million-a-year property tax exemption.

On Wednesday, council approved a city report recommending the Ottawa Community Housing Corporation (OCHC) be exempted from paying the provincial education share of property taxes.

A provision of the law allows municipalities to exempt

certain organizations from property and education taxes, in exchange for services.

The estimated savings for the OCHC will go toward affordable housing improvements — like upgrading generators, hot water tanks, and elevators, fixing leaks and repairing foundations.

Over the 20-year pledge, the OCHC promises to charge tenants rent that's at or below the

average monthly citywide rent, according to the Canada Mortgage and Housing Corporation.

Ottawa officials say the tax revenue loss will be offset by a reduction in the city's subsidy to the OCHC, so this change will have no impact on the city budget.

The OCHC oversees 714 properties with more than 14,850 rental units and 32,000 tenants. **LUCY SCHOLEY/METRO**



River Coun. Riley Brockington asks about the 2015 city budget on Dec. 10, 2014. **LUCY SCHOLEY/METRO**

Council vote keeps tax hike at 2%

Ottawa. Councillors, Mayor Watson step toward realizing one of the mayor's 2014 campaign pledges

Taxation

Raising taxes no more than two per cent was central to Ottawa Mayor Jim Watson's election platform for the recently completed campaign.

- **Tax freeze.** Council has decided to keep rates at two per cent a year, a promise well received by constituents during the election.



LUCY SCHOLEY
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City councillors are helping Ottawa Mayor Jim Watson keep his election promise to keep tax hikes at two per cent next year.

On Wednesday, at the last council meeting of the year, councillors unanimously voted in favour of directing city staff to keep the 2015 tax increase at no more than two per cent.

Watson called this rate increase "reasonable, responsible and predictable."

"Our job is to find that balance," he told reporters following the meeting. "Keep the taxes affordable, but provide good, basic public services at the same time. And I think we will be able to do that, just as we were able to do that for the last four years with the 2.5 platform."

Although the vote was unanimous, River Coun. Riley Brockington questioned whether the city would be "handcuffed" when it came to providing services for residents.

Watson later said every councillor was clear on the

two-per-cent rate promise this election.

"There were not calls for four and five per cent tax hikes. I ran on a very clear platform of keeping them at two per cent," he said. "I got a strong mandate to implement that."

City Treasurer Marian Simulik also said residents tend to favour predictability when it comes to both tax hikes and services.

A draft of the capital and operating budgets will be tabled on Feb. 4, 2015, with other budget drafts to be tabled at a later date.

Council will consider final budget recommendations on March 11. There will be four public pre-budget consultations, with the dates and times to be announced.

The mayor is also launching an online public consultation. Residents can provide input via email at budget2015@ottawa.ca or via Twitter with the hashtag #ottbudget.

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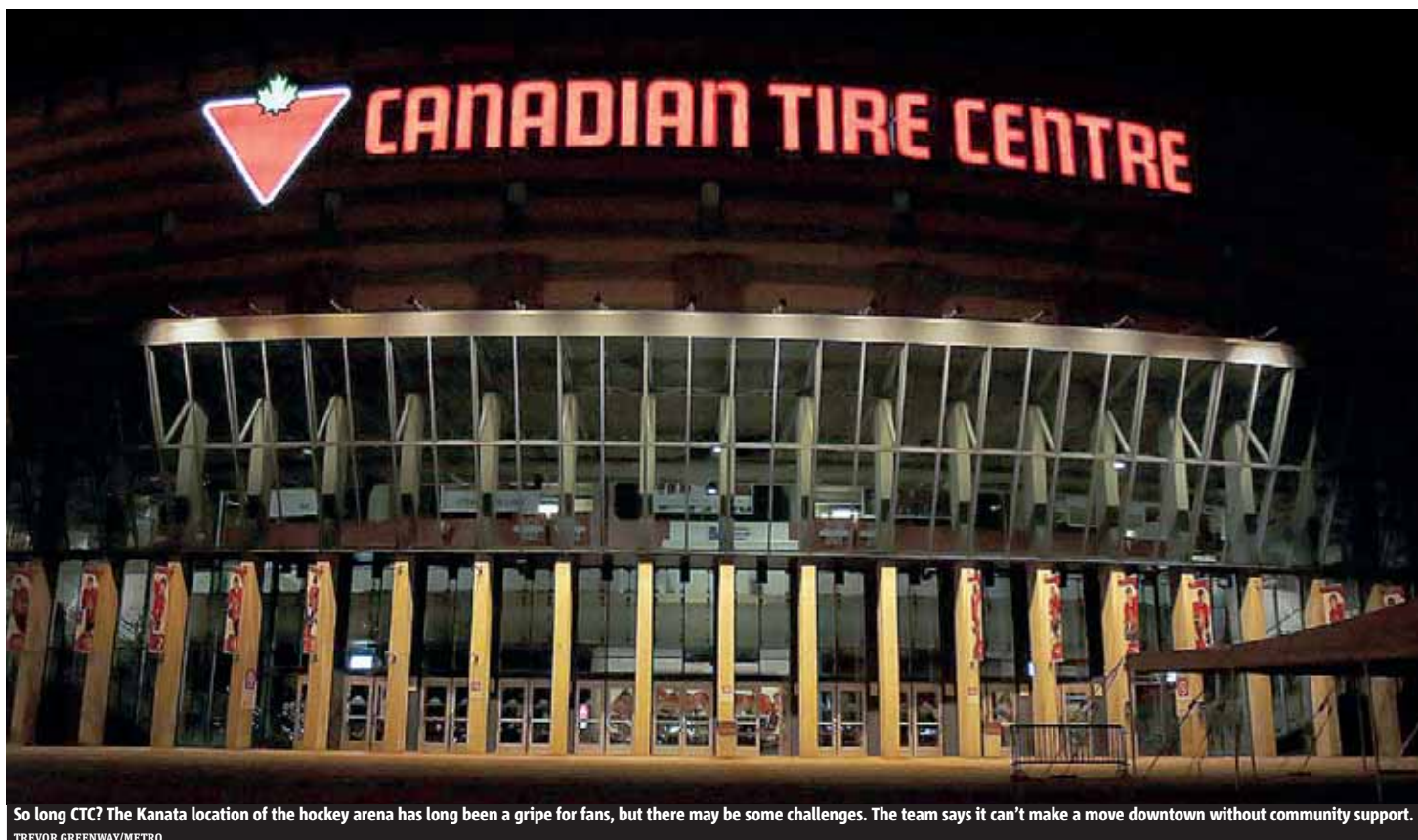
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So long CTC? The Kanata location of the hockey arena has long been a gripe for fans, but there may be some challenges. The team says it can't make a move downtown without community support.

TREVOR GREENWAY/METRO

Precious land

Excitement, concern over arena plan

If the Ottawa Senators build a new NHL arena at LeBreton Flats, Catherine McKenney wants a concert hall and art gallery with it.

The Somerset councillor says she is all for having the team move into her ward, but wants to make sure precious downtown land becomes an inclusive spot, rather than a place only for those who can afford hockey tickets. "LeBreton Flats is our last piece of significant public land in the downtown core and we need to see what else is being proposed," she said. "Whatever we get needs to have a significant public component to it."

Ottawa Mayor Jim Watson said the idea is exciting because of the close proximity to transit, but worried what kind of hit the suburbs would take.

"We would have to do what we can to make sure that we are not leaving a significant void in the west end, namely in and around the Stittsville-Kanata West area because that is a big employment generator and a magnet for a lot of activity," he said.

Watson said the city would not offer any financial incentives to facilitate the move and said the decision would ultimately be up to the National Capital Commission. NCC chief executive officer Mark Kristmanson wouldn't comment specifically on an NHL rink proposal. The NCC extended its Request for Qualifications deadline to Jan. 7 after receiving more proposals than expected.

TREVOR GREENWAY/METRO

Senators look to LeBreton

Venue. Downtown arena idea gets thumbs down from community group



TREVOR GREENWAY
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An Ottawa community association president in Dalhousie doesn't like the idea of the Ottawa Senators building a new NHL arena

at LeBreton Flats and says the land should be used for more inclusive development.

Dalhousie Community Association President Michael Powell, who is also a half-season ticket holder, says moving the team downtown is a good idea, but he argues the land at LeBreton Flats, which has been empty for 50 years, should be used for something a little more unique than a hockey rink — perhaps a museum or an aboriginal centre.

"It's nice to be able to walk to a hockey game, but is that the best use of the space?" asked Powell.

"How we build Ottawa is not just with a downtown hockey rink, but we should be aiming a little higher than that with such an important piece of land downtown."

The group that operates the Senators confirmed Tuesday it is considering a move to LeBreton Flats, but that such a move would only be possible with "strong com-

munity support."

The National Capital Commission, which owns the 21.4 hectares of land up for redevelopment, initially opened a Request For Qualifications process with a Dec. 5 deadline. But due to a "greater expression of interest than expected," the Crown corporation extended the deadline until Jan. 7, 2015.

This is good news for Powell, who worries the leaked Sens' interest could drum up early support and

"close our thoughts to other opportunities."

Powell says there will be issues with parking, traffic flow through the downtown core and says hockey rink limits use of the site to only hockey games and concerts.

The team says it has been approached by "well established private sector companies and community organizations" to develop a new arena for the site and will review the NCC's Request for Qualifications before applying.



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CHEOnext program

Children's hospital opens concussion clinic for kids

A new concussion clinic is open at the Children's Hospital of Eastern Ontario that focuses on children suffering from post-concussion symptoms for longer than a month.

The new centre will take child patients who have

suffered a head injury where doctors will assess symptoms, diagnose physical, social, cognitive and emotional problems, and aid patients and families in managing their post-concussion symptoms and their expectations for recovery. The centre will also co-ordinate followup care with patients.

New data shows that the incidence of concussions among children is on the rise in eastern Ontario and

with few treatment options available, the new centre hopes to "fill the gap," with Dr. Kristian Goulet and nurse practitioner and researcher Gail Macartney at the helm. The initiative is part of CHEO's CHEOnext program — the hospital's plan to transform how health care is delivered to children and youth.

The new centre is located at 1355 Bank St.

TREVOR GREENWAY/METRO



Children's Hospital of Eastern Ontario. METRO

NHL Classic or some UFC? Just bring it

New councillor.

Jody Mitic named Ottawa's first sports commissioner; hopes to draw mixed martial arts and more

More on Mitic

Mitic, an Afghan war veteran who lost both his legs in a landmine explosion, made headlines when he participated in the Amazing Race Canada with his brother Cory and when he ran the Achilles 5 km on prosthetic legs.

Ottawa could host an Ultimate Fighting Championship if Jody Mitic has his way.

"It's no secret I'm a massive UFC fan," said the new Innes ward councillor, who was officially appointed to the new role of sports commissioner in a council vote Wednesday.

Under the voluntary title, Mitic will be tasked with travelling across Canada to attract big sporting events such as the NHL Classic to the city.

It's a big job, but Mitic says he will enlist other councillors and staff to help him out.

"We're talking about sports here, which is about teams. So it's a team effort, I think," he said. "It's a brand new position, something that needs to be established, get its traditions, get its standard operating procedures in place and I don't see it as a single person's job to decide what sports to bring to Ottawa."

Apart from the UFC, Mitic

says he wants to see more soccer and baseball events, plus para-athletics sporting events like the Sledge Hockey World Championships.

A proposed new NHL arena at LeBreton Flats could help him in his pitch to other sporting events, he said.

"We could become a real hockey town again," he said.

Ottawa Mayor Jim Watson said Mitic is the right fit for the role because of his "incredible life story and interest and passion for sport."

"He understands that ... sport tourism is one of the growth industries in our city," said Watson. "The more events we can attract like the Briar and the FIFA Women's World Cup and the figure skating championships, the better it is for the economy."

LUCY SCHOLEY/METRO



Innes Coun. Jody Mitic was officially named Ottawa's first sports commissioner on Wednesday. LUCY SCHOLEY/METRO



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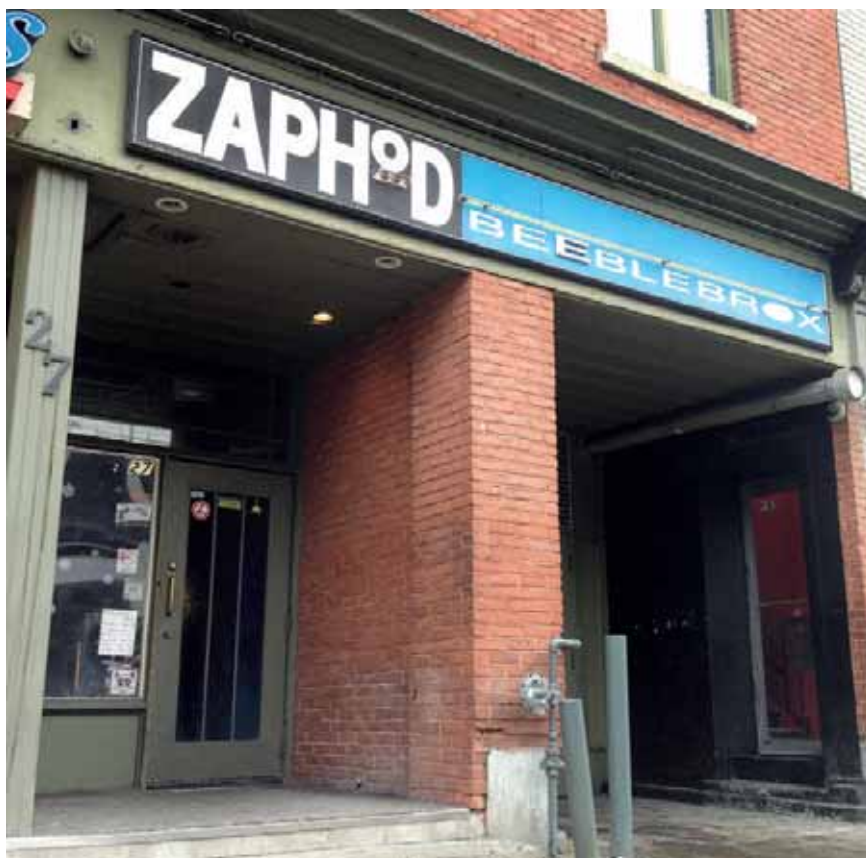
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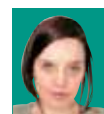


Located in the historic Byward Market, Zaphod Beeblebrox has called York Street home since 1992. The owner of the club, Eugene Haslam, is looking to retire, but hopes he can find someone to step forward and take over. JEN TRAPLIN/METRO

Iconic music venue owner hanging it up

Zaphod Beeblebrox.

Owner Eugene Haslam still hopes someone will take the helm and 'put their own mark on it'



BACKSTAGE PASS

Jen Traplin
ottawa@metronews.ca

It's been roughly three months since Eugene Haslam, the owner of Zaphod Beeblebrox in the Byward Market, announced his desire to sell the iconic music venue and retire.

Since then, he says, some have questioned why he would walk away from a business he has helped for more than two decades.

"I've been doing the same thing for so many years. I think a lot of people know I like to eat, I like to cook,

I like to travel," he says. "I have so many things that have been percolating that I haven't set my mind to yet, and I think it would be nice to step back.

"In some ways, it's pretty heartening that people seem surprised that I want to go, but I'm an old dude now!"

Haslam suffered a stroke a few years ago. Though he's healthy now, he claims the death of former finance minister Jim Flaherty helped put things in perspective.

"Here's a guy, top of his game, our finance minister, travelling the world, travelling across Canada and then he decides to retire, but he's only got a month left. I don't want my life story to be that," he says.

"I want to move along gracefully and hand back this thing that I may have created but the people keep alive and, meanwhile, I want to enjoy those things in life while I still have a healthy

body and a healthy mind. I don't think anyone will begrudge me that."

When he initially announced he was interested in selling Zaphod's, Haslam made it clear he wasn't in any rush. That still holds true today as he admits he's no closer to stepping away from his business now than he was then.

He insists finding the right buyer is his main priority.

"My first hope is that I can encourage someone to step forward who wants to continue the legacy but take it forward in their own way. It's a good idea to let the next wave decide for themselves what they want it to be.

"The fact is, I came into a city and put my mark on something and I allowed other people to help shape it with me, including staff and customers, so someone new stepping forward will put their own mark on it."

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Deep stats analyst Marc Appleby says the Ottawa Senators can expect to get a boost from the return of defenceman Marc Methot, pictured.
ADRIAN WYLD/THE CANADIAN PRESS

Bring on the firepower

NHL. Senators need more offence, not a new coach, says analyst



TREVOR GREENWAY
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An Ottawa NHL analyst says that firing former head coach Paul MacLean isn't the answer to solving the Senators' woes this season.

Marc Appleby, president of analytics company PowerScout Hockey, says MacLean, who was fired Monday, didn't have enough talent in his lineup to compete with the league's top teams and making the playoffs was a stretch at best.

"I didn't think that Paul MacLean was the problem," said Appleby.

"The way the team's structure is built is weak and Paul MacLean didn't have the players to put on the ice to produce. They relied very much on good goaltending."

The Senators had a strong

start to the season, going 7-2-1 in their first 10 outings. But the team faltered in November and December and barely ended a four-game losing streak Sunday in a 4-3 comeback win over Vancouver.

Appleby says the Sens' problems run much deeper than what happens on the bench, as his analytics show that the team needs a top goal-scoring centre and a second offensive defenseman. The Sens should get that boost on defense back with the return of Marc Methot, but Appleby says there is still a big gap up front.

"(Kyle) Turris has been OK, but not at the level that he needs to be," said Appleby.

"He is more like a second-line centre, based on stats so far this season. You need a strong scoring centre that they are not getting right now."

The Sens' new head coach, Dave Cameron, makes his NHL coaching debut Thursday when the team hosts the defending Stanley Cup champion L.A. Kings.

Queen's Park

Wynne stands by Chiarelli amid smart-meter fiasco

Premier Kathleen Wynne is ignoring opposition calls to fire her energy minister over a critical report on the government's smart-meter program and comments he made about the auditor general.

She and Energy Minis-



Bonnie Lysyk THE CANADIAN PRESS

ter Bob Chiarelli say they disagree with the auditor general's conclusions that

the \$2-billion smart-meter program has so far spent double its projected cost, has passed on extra costs to ratepayers and has not led to the government's electricity conservation goals being met.

Both the Progressive Conservatives and the New Democrats repeatedly called for Chiarelli's head in a raucous question period the day after auditor general Bonnie Lysyk's annual report.

Chiarelli said in the

legislature that NDP Leader Andrea Horwath has voted against Liberal provisions that would lower people's electricity bills, which he called shameful.

Horwath says that Chiarelli should resign after he suggested the auditor general's numbers were inaccurate because she didn't understand the "complex" electricity system — comments Horwath calls patronizing and sexist.

THE CANADIAN PRESS



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Report. Tories warned of Veterans Affairs caseload

The inability of Veterans Affairs to spend \$1.13 billion over the past eight years should have come as no surprise to the Harper government, which was warned two years ago that the department was struggling to forecast the future needs of its clients.

In defending the amount of funding "lapsed" by the department since 2006, Veterans Affairs Minister Julian Fantino and Prime Minister Stephen Harper say it's impossible to know how many veterans and their families will request death and disability benefits in any given year.

Indeed, buried deep in auditor general Michael Ferguson's fall 2012 report was a warning that Veterans Affairs was producing inaccurate forecasts of future client needs that were based on historic data, rather than current information.

The same report also took aim at the case management

Adding staffers

With the House of Commons poised to rise for the holidays, a step towards repairing the political damage emerged Wednesday: Veterans Affairs is hiring dozens of new front-line staffers in as many as 50 cities.

- Some of those jobs are thought to be associated with the announcement of new satellite clinics.

and referral system for operational stress injury clinics, which was the focus last month of the government's much-hyped \$200-million overhaul.

The 2012 audit, which made headlines by documenting the plight of 8,000 medically discharged soldiers, offers a road map to understanding the blunders on the veterans file this fall. **THE CANADIAN PRESS**

Signed 1997. U.S. could join treaty banning landmines

The Canadian foreign minister who was a driving force behind a treaty to ban landmines 17 years ago says he sees encouraging signs that the United States will finally sign on.

Former Liberal foreign minister Lloyd Axworthy says American support would be a major boost to the treaty, which the U.S. and three dozen other countries have snubbed since it was signed in Ottawa in 1997.

This week U.S. Secretary of State John Kerry said his country was going to look at joining the Ottawa Convention.

In a column published earlier this week in the American newspaper, USA Today, Kerry

Quoted

"Decades after soldiers have laid down their weapons and leaders have made peace, these grim legacies of war kill and maim local populations."

U.S. Secretary of State John Kerry, in a column published in USA Today.

said landmines remain a hazard in 60 countries.

Axworthy said he hopes the renewed U.S. interest might spur the Harper government to do more to support the clearance efforts of the deadly weapon.

THE CANADIAN PRESS



A hockey legend remembered

Pallbearers and former Montreal Canadiens teammates (clockwise from back left: Guy Lafleur, Jean-Guy Talbot, Robert Rousseau, Serge Savard, Yvan Cournoyer and Phil Goyette) carry the casket as family members walk behind after the funeral service for Canadiens legend Jean Béliveau on Wednesday in Montreal.

PAUL CHIASSON/THE CANADIAN PRESS

Canada will act on tips from torture: Official

Intelligence information.

A spokesman for Public Safety Minister Steven Blaney said that the government will act on "a tip from any source"

Quoted

"The primary responsibility of Canadian security agencies is to protect Canadian life and property."

Jean-Christophe de Le Rue, spokesman for Public Safety Minister Stephen Blaney.

on "a tip from any source" if Canadians' lives are in danger.

"The primary responsibility of Canadian security agencies is to protect Canadian life and property," de Le Rue wrote in a prepared statement. "We will continue to ensure that intelligence is reviewed and assessed by Canadian intelligence experts before it is acted upon."

Opposition critics are calling on the Conservative government to take away Canadian security agencies' ability to send or request information to foreign partners that could lead

to torture.

The calls come a day after the U.S. Senate revealed the CIA misled its political masters about how widespread and brutal the Bush-era practice of "enhanced interrogation techniques" of detainees was.

The report detailed the conditions imposed on detainees in CIA black sites across the world. Techniques used by American agents and contractors included forcing detainees to stand on broken legs, forced rectal feeding, and frequent waterboarding (simulated drowning).

Five Canadian security agencies can use national security information from foreign partners, even if it was obtained through torture. According to documents obtained by The Canadian Press, the head of the agency must weigh several factors before approving the information sharing — including the opinion of Foreign Affairs Minister John Baird's department.

Speaking earlier Wednesday, Baird refused to address questions about domestic agencies' use of information gained from CIA torture.

"Canada doesn't torture anyone. Period. Period," Baird said after a news conference.

TORSTAR NEWS SERVICE

FOR MORE COVERAGE ON THE U.S. TORTURE REPORT, SEE PAGE 16.

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Stem cell research touted as breakthrough

A Canadian-led international team of researchers has begun solving the mystery of just how a specialized cell taken from a person's skin is reprogrammed into an embryonic-like stem cell, from which virtually any other cell type in the body can be generated.

The research is being touted as a breakthrough in regenerative medicine that will allow scientists to one day harness stem cells to treat or even cure a host of conditions, from

blindness and Parkinson's disease to diabetes and spinal cord injuries.

Besides creating the reprogramming roadmap, the scientists also identified a new type of stem cell, called an F-class stem cell due to its fuzzy appearance.

Their work is detailed in five papers published Wednesday in the prestigious journals *Nature* and *Nature Communications*.

Dr. Andras Nagy, a senior scientist at Mount Sinai Hos-

pital in Toronto, led the team of 50 researchers from Canada, the Netherlands, South Korea and Australia, which spent four years analyzing and cataloguing the day-by-day process that occurs in stem cell reprogramming.

The work builds on the 2006-2007 papers by Shinya Yamanaka, who showed that adult skin cells could be turned into embryonic-like, or pluripotent, stem cells through genetic manipulation, a discov-

ery that garnered the Japanese scientist the Nobel Prize in 2012.

Nagy likened the roughly 21-day process to complete that transformation to a "black box," so called because scientists did not know what went on within the cells as they morphed from one cell type into the other.

The result is a database that will be available to scientists around the world.

THE CANADIAN PRESS



Sandbags are placed along the shores of Locarno Beach in Vancouver on Wednesday. Severe rains along with a rare king tide are threatening homes in low-lying areas. JONATHAN HAYWARD/THE CANADIAN PRESS

B.C. readies for heavy weather

Vancouver area and Vancouver Island.

Some cities have called a state of emergency as flooding expected

Some 30,000 sandbags line a stretch of low-lying waterfront land in Vancouver, placed by city workers, in a bid to protect local homes from an anticipated king tide.

The task was completed by about 45 workers in advance of Wednesday's forecasted weather event, which could coincide with the same type of high winds and heavy rains that have already cut power to thousands of residents across the south coast and flooded streets.

In the Vancouver Island city of Courtenay, for example, municipal leaders declared a state of emergency because of flooding that has closed roads, facilities and parks. The city has asked about two dozen residents to leave a mobile-home park.

A local state of emergency was also declared in part of Tsawwassen where, Delta mayor Lois Jackson said, a section of seawall about 70 feet long has collapsed.

Jackson said the collapse has opened that entire area to the sea.

George Harvie of Delta's engineering department said a house near the wall has been evacuated and crews hope barriers they have erected are strong enough to hold.

Considering the time of year, though, the powerful weather like king tides is not completely unanticipated.

The B.C. Ministry of Environment website reports they occur about twice a year, are

typically more dramatic in the winter, and occur when the sun and moon's gravitational forces reinforce each other, and the moon is closest to the earth.

Brian Crowe, a spokesman for the City of Vancouver's engineering department, said king tides can approach five metres in elevation, or about one metre higher than a typical high tide, and can form storm surges when they are combined with low-pressure systems.

He said Wednesday's king tide is forecast for 5.5 metres, which is the same elevation of water that flooded Locarno Beach Park on the city's waterfront in 2012, but not nearby homes.

Batten down the hatches

5.5m

The height of the king tide anticipated for Wednesday.

"We have sandbagged about 200 metres in the lowest area along Marine Drive adjacent to the park to ensure the water can't get past the edge of the park into the neighbourhood," he said.

"This is a proactive move. We don't actually believe the water will be high enough tomorrow to cross the street, but we have high tides happening periodically through the Christmas season until early in January."

A frontal system is expected to approach the region overnight, and Environment Canada says it could bring as much as 50 millimetres of rain to the east coast of Vancouver Island and Metro Vancouver's North Shore mountains.

THE CANADIAN PRESS



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NE122G514

Torture report. CIA fights to write historical record

Top spies past and present campaigned Wednesday to discredit the Senate's investigation into the CIA's harrowing torture practices after Sept. 11, 2001, battling to define the historical record and deter potential legal action around the world.

The Senate intelligence committee's report doesn't urge prosecution for wrongdoing, and the Justice Department has no interest in reopening a criminal probe. But the threat to former interrogators and their superiors

was underlined as a UN special investigator demanded those responsible for "systematic crimes" be brought to justice, and human rights groups pushed for the arrest of key CIA and Bush administration figures if they travel overseas.

Current and former CIA officials pushed back, determined to paint the Senate report as a political stunt by Senate Democrats tarnishing a program that saved American lives.

THE ASSOCIATED PRESS

Zacarias Moussaoui

'20th hijacker' asks for transfer to Guantanamo Bay

An imprisoned man known as the "20th hijacker" in the Sept. 11, 2001, terror attacks asked a South Florida federal judge Wednesday for a transfer to the military prison at Guantanamo Bay, Cuba, where several alleged

senior terror plotters are awaiting trial.

The request is part of two rambling, handwritten letters filed in Miami federal court by Zacarias Moussaoui. He is serving a life prison sentence after pleading guilty in 2005 to conspiring with the 19 hijackers in the attacks.

Moussaoui signed one letter as the "so-call 20th hijacker" and a "Slave to Allah." THE ASSOCIATED PRESS

Report casts new shadow over Zero Dark Thirty film

Story of hunt for Osama bin Laden.
Made with rare blend of traditional filmmaking and journalism

The damning Senate Intelligence Committee report on post-9/11 interrogation techniques has cast a new pall over the 2012 film Zero Dark Thirty.

Kathryn Bigelow's drama about the hunt for Osama bin Laden ignited controversy for implying that the "enhanced" interrogation techniques of the detainee program helped lead to finding bin Laden. Bigelow claimed that torture was a part of the story that couldn't be ignored.

The Senate report released Tuesday found that the coercive techniques led to no unique intelligence, a conclusion that seemed to debunk, officially, part of the narrative

Quoted

"It's complicated. It's very, very, very complicated."

Kathryn Bigelow, director of Zero Dark Thirty

suggested by Zero Dark Thirty.

California Sen. Diane Feinstein, the Democratic chair of the Intelligence Committee that released the report, had been one of the most vocal critics of Zero Dark Thirty. In a 2012 letter to Sony Pictures co-signed by Republican Sen. John McCain, Feinstein called the film "factually inaccurate" and wrote that filmmakers had an obligation not to "shape American public opinion in a disturbing and misleading manner."

Bigelow was asked about the report on The Daily Show on Tuesday while promoting a short film about elephant poaching and the ivory trade.



Director Kathryn Bigelow attends the 86th Annual Academy Awards Oscar Foreign Language Reception at LACMA on Feb. 28 in Los Angeles, Calif.
VALERIE MACON/GETTY IMAGES

"We made the movie based on the reporting that we did," said Bigelow. "I applaud transparency in government, so I think it's good that it's out there." THE ASSOCIATED PRESS

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Woman who accused Cosby of rape files defamation suit

A woman who has accused Bill Cosby of sexually assaulting her in the 1970s filed a defamation lawsuit Wednesday against the comedian, alleging he "publicly branded" her a liar through statements made by his lawyer and publicist.

Tamara Green said in the lawsuit filed in federal court in Springfield that Cosby drugged and assaulted her when she was an aspiring model and singer. Green first spoke publicly about

the alleged attack in 2005.

Green said that after she did media interviews, Cosby's lawyer and publicist made statements intended to expose her to public contempt and ridicule.

The attorney named in the lawsuit, Walter M. Phillips Jr., declined to comment. Messages left for the publicist, David Brokaw, weren't immediately returned. Cosby is the lawsuit's only defendant.

Cosby, who is 77 and has

a home in Shelburne Falls in western Massachusetts, has never been charged in connection with any sexual assault allegations.

In 2005, he settled a civil case filed by Andrea Constand, a former employee at Temple University in Philadelphia. Green was one of a dozen women who were prepared to testify in Constand's lawsuit that Cosby sexually assaulted them.

THE ASSOCIATED PRESS

'Black lives matter': Hundreds of California protesters rally

Hundreds of Northern California protesters angered at the killing of unarmed black men by white officers briefly blocked traffic on a highway, hurled objects at police and delayed metro and train services as they protested for a fourth straight night.

The crowd on Tuesday temporarily shut down Highway 24, which connects Berkeley to Oakland. Witnesses told multiple media outlets that California Highway Patrol officers standing

on a freeway overpass fired non-lethal projectiles to disperse the protesters below.

Authorities arrested at least 19 people Tuesday night. Berkeley police arrested five adults and one juvenile, and the Highway Patrol apprehended an additional 13.

A demonstration Wednesday produced fewer fireworks. About 50 people tried to shut down a federal building in Oakland, where they chanted "white silence equals violence — black lives

matter." Protesters blocked the front and back entrances to the building, but employees entered through side entrances. No arrests were reported at the peaceful demonstration.

Protesters have rallied for weeks following grand jury decisions not to indict a Ferguson, Mo., officer in the killing of Michael Brown and a New York City officer captured on video applying a fatal chokehold on Eric Garner. THE ASSOCIATED PRESS



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Malala receives her Nobel Peace Prize

Speaks out. Pakistani teenage girl survived Taliban assassination attempt for her education activism

The Pakistani teenager stood on the stage of Oslo City Hall as the youngest Nobel Peace

laureate, smiling as she listened to the thunderous ovation.

Now, everybody knows: She is Malala.

Shot in the head by the Taliban two years ago for speaking out on education, 17-year-old Malala Yousafzai on Wednesday beamed as she received the Nobel Peace Prize and taught a lesson in courage.

"I had two options. One was to remain silent and wait to be killed. And the second was to speak up and then be killed. I chose the second one. I decided to speak up," Malala said.

And with that, Malala proved that teenagers could tell the elders a thing or two. Anyone who hadn't read her memoir, "I am Malala," was

about to get an education.

She adjusted her coral pink headscarf and made no effort to hide any scars that might remain from the attack.

She thanked her parents for unconditional love and then humbly suggested that she was somehow not all that special — just a girl who fights with her brothers and who wanted to learn above all else.

"As far as I know, I am just a committed and even stubborn person who wants to see every child getting quality education, who wants to see women having equal rights and who wants peace in every corner of the world," she said.

"Education is one of the blessings of life, and one of its necessities."

THE ASSOCIATED PRESS



Nobel Peace Prize winner Malala Yousafzai THE ASSOCIATED PRESS

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Not over yet

Pistorius trial may be appealed

Oscar Pistorius again faces the possibility of a murder conviction, after a South African judge ruled Wednesday that prosecutors can appeal against the double-amputee Olympian's conviction on the lesser charge of culpable homicide.

Pistorius could face a minimum of 15 years in prison if the appeals court overturns his conviction and raises it to murder.

THE ASSOCIATED PRESS

Pause in fighting

East Ukraine ceasefire holds

Ukraine will continue upholding a truce with Russian-backed separatists following a day largely free of exchanges of fire between the warring sides, a military spokesman in Kyiv said Wednesday.

Both the government and rebels have accused each other of sporadic violations of the truce that began Tuesday.

THE ASSOCIATED PRESS

Hong Kong. Protesters to resist removal from camp

Hong Kong student protest leaders vowed Wednesday to stay until the last minute and peacefully resist a police operation to clear them off a highway where they've been camped out for 2-1/2 months.

Thousands of protesters and supporters streamed into the site on the last night of what's come to be known as the "Umbrella Movement," named for the pro-democracy protesters' preferred method of deflecting police pepper spray.

Many huddled in the hundreds of tents that remained on the thoroughfare outside the specially administered Chinese city's government headquarters, less than a day before court workers assisted by police were scheduled to sweep them out. Others took photos, listened to speeches and lined up for souvenir leather bracelets and other mementos handmade on the spot by volunteers.

"We will still resist till the last moment," said Alex Chow, secretary-general of the Hong Kong Federation of Students. He said the reason for staying until the end is "not simply for us to be arrested, but to demonstrate our spirit" of civil disobedience.

Authorities will start by removing barricades and other



Protesters gather at the occupied area outside government headquarters in Hong Kong on Wednesday. THE ASSOCIATED PRESS

obstructions from three sections of road covered by a court order. Then, they will clear other nearby blocked roads to reopen the entire area to traffic. Anyone who refuses to leave will be arrested, police said.

While some had already packed up their belongings on Wednesday, many promised it would not be the end of the pro-democracy movement, using large yellow banners, chalk scrawled on asphalt or balloon letters stuck on a wall to declare "We'll be back."

The protesters reject Beijing's restrictions on the first election for the city's top leader, scheduled for 2017, but have failed to win any concessions from Hong Kong's government. THE ASSOCIATED PRESS

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Video-game makers face industry crunch

Rush to market.

Ubisoft's recent Assassin's Creed Unity game highlights the industry's 'ship now, fix later' trend

The video-game industry is raking in record profits, but many developers are facing criticism as recent big-budget releases have been rushed to market with technical problems.

Ubisoft CEO Yannis Mallat issued a mea culpa earlier this month for the November release of Assassin's Creed Unity, acknowledging that the overall quality of the game "was diminished by bugs and unexpected technical issues."

The company — which has development offices in Toronto and Montreal that employ more than 2,000 people — intends to offer

Quoted

"People need to understand that things that are built well take time."

Brendan Frye, editor-in-chief of Canadian video game publication CG magazine.

free downloadable content or a free game for those who bought the product before it was patched with a software update.

Toronto-based syndicated video-game critic Marc Saltzman notes a disturbing "ship now, fix later" trend, where developers take advantage of customers' Internet bandwidth to repair a game after its release.

With more than 40 per cent of games released in November and December, Saltzman says many companies set unrealistic deadlines ahead of the holidays.

When a game is delayed or isn't up to snuff, reaction can be swift.

"With social media it's so fast to disseminate information, and if there's some bad experiences these companies could be shooting themselves (in the foot)," says Saltzman.

The Witcher 3, another highly anticipated 2015 release from Polish video game developer CD Projekt RED, was delayed from this fall to May 19, 2015.

"These companies have so many people to answer to that when things are delayed they are the ones that suffer. Their investors get upset, their stock prices fall and the public themselves turn on them pretty quickly," says Brendan Frye, editor-in-chief of Canadian video game publication CG Magazine.

"These issues are going to persist unless consumers start demanding (developers) do make the change, take the time to finish it, and people have to understand that things that are built well take time."

THE CANADIAN PRESS



Community building blocks

Huxley Briggs uses a sander in his father's workshop at their home in Whitehorse, Yukon. Briggs was just tall enough to see over the counter, but that didn't throw the five-year-old off his pitch to sell 10 of his Yukon-wood building-block sets to a Yukon toy store for \$10. The rectangles and wedges came nicely packaged in plastic with a label in his own printing that read, "Huxley's Block Company." The sets sold out in one day. Many of the blocks were made by Huxley himself using power tools. The store is selling the blocks for \$20 each and is donating the profit to Big Brothers and Big Sisters of Yukon, the family's charity of choice. HANDOUT/THE CANADIAN PRESS

Canadian real estate

Gaining strength

The Bank of Canada says house prices may be overvalued by up to 30 per cent, but governor Stephen Poloz says the real-estate market is headed for a soft landing.

"We believe the economy is gathering strength, it's beginning to rebuild itself, it's going to create new jobs and income is going to go up," Poloz said.

THE CANADIAN PRESS

Market Minute

DOLLAR
87.11¢ (-0.3¢)

TSX
13,852 (-342.78)

OIL
60.94 US (-2.88)

GOLD
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Natural gas: \$3.706 US (+5.4)
Dow Jones: 17,533.15 (-268.05)

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Telus unveils IoT software

Telus is launching an online marketplace for "Internet of Things"-based solutions to help companies take advantage of the emerging technology.

With large growth forecasts, the Internet of Things (IoT) features interconnected devices and is expected to help usher in an age of automation across all industries. Adoption is happening, but slowly, and Telus is betting that an early move into the space will pay dividends later.

"IoT was something that became a strategic decision," said Shawn Sanderson, vice-

president of IoT at Telus. He says the new marketplace will let customers quickly search by industry and solution type.

Sanderson says the focus on IoT came out of Telus's existing fleet-management solutions, which are in the new marketplace, as are tech solutions across many sectors, including food service and retail.

One example is from a restaurant with temperature sensors throughout the kitchen, and warns if a fridge breaks down, for instance. For retail, there is a camera that reads in-store traffic and finds where customers are spending time.

The market is launching with 38 solutions, with hopes the number will grow to more than 100 by the end of next year. Many vetted providers offer subscription services with monthly fees to help pay for setup and monitoring to cut down on upfront costs.

"There is a huge upside from a financial perspective in growing the business," says Sanderson. "It's still relatively undefined and seems complex. Our goal is to demystify what IoT is about, and to curate the best solutions in the marketplace."

TORSTAR NEWS SERVICE

Restaurants call for inquiry

A national restaurant group is asking the Competition Bureau to launch an official investigation into a non-compete deal between the Liquor Control Board of Ontario and the Beer Store.

Restaurants Canada is also calling on the government to immediately cancel the non-compete agreement after the confidential deal was uncovered in a Torstar News Service report on Tuesday.

The Torstar report fo-

cused on a 10-page document it said was authenticated by an LCBO source, which detailed an arrangement to restrict growth in the LCBO's beer sales to protect the sales of the Beer Store.

Restaurants Canada's Ontario vice-president James Rilett says a neutral party is needed to look into what he calls a "sweetheart deal" between the government-owned LCBO and the Beer Store, which is owned by

three major brewers. The restaurant group, formerly the Canadian Restaurant and Foodservices Association, says in the past the Competition Bureau has not been willing to wade into the issue, but the group believes the deal signed in June 2000 must be investigated now that it has been made public.

Restaurants Canada is made up of 30,000 foodservice businesses,

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VOICES

ARMING TRANSIT STAFF

Do you want transit workers armed in your city? With the Toronto Transit Commission expanding its proof-of-payment system, so, too, will it be expanding its force of fare inspectors equipped with batons. The TTC says the practice is meant to protect inspectors from belligerent riders, but critics say this sets a bad precedent

Yes

Staff need the right gear to protect them



Brad Ross

Fare inspectors began riding the 501 Queen and 510 Spadina streetcars in August, introducing themselves to customers and explaining the proof-of-payment (POP) concept that requires anyone riding those two lines to show a Metropass or paper transfer if asked by an inspector.

All streetcar routes become POP as the new streetcars are introduced, but the TTC is looking to accelerate that, starting with the 504 King streetcar on Jan. 1.

While fare inspectors are educating and informing customers about POP, they will also be issuing tickets when warranted.

The fine for failing to pay a fare is \$235. And while fare inspectors are professional, highly trained and accountable in all they do, there may be instances where our inspectors will be required to defend themselves from someone who objects to being asked for proof-of-payment or is being issued a ticket.

In all such cases, police are called.

As an employer, the TTC has an obligation to ensure its employees have personal protective equipment for the job they're being asked to do.

The TTC understands the concerns around use of force, which is why, in addition to training at a police standard, oversight and accountability are firmly in place should those tools be used improperly.

Brad Ross is a spokesman for the TTC



No

Batons won't solve transit problems



Dr. Daniel Bear

The TTC's practice of equipping fare inspectors with batons and handcuffs is troubling. While the spectre of harassment and assault on public transit is a valid concern, providing these tools to inspectors implies they regularly encounter violence and criminality in their work — not a reassuring message to TTC riders.

In a recent news event, neither the TTC nor the Toronto Police Service were able to furnish statistics on the number of criminal incidents that occur on the TTC.

With the decision to introduce what are effectively new powers and weapons into the mix, it would seem best if there was clear evidence of a need.

I would suggest the TTC reconsider the efficacy of armament, as such tools are entirely reactive in nature.

Perhaps more proactive work with passengers to encourage fare compliance, enhanced patrol of TTC vehicles by actual police officers, and a payment confirmation system more advanced than strips of newsprint would be a better route than arming fare inspectors.

Transit users need to feel safe, but they also want to get where they are going. Frankly, that seems to be a much bigger issue in Toronto. Handcuffs and batons won't solve the TTC's problems, and instead set a bad precedent at a time when the rest of Ontario's law enforcement community is becoming more proactive.

Dr. Daniel Bear is a professor in the Community and Justice Studies program at Sheridan College.

Here's a look at how transit authorities arm — or don't arm — their staff around the country and the world

Halifax	Ottawa	Toronto	Winnipeg	Calgary and Edmonton	Vancouver	New York City	London, U.K.
Does not have transit police. Transit drivers aren't armed and don't have the authority to make arrests.	OC Transpo Special Constables are designated peace officers and are trained by police to use batons and pepper spray.	Similar to police, Toronto's Transit Enforcement Officers can make arrests. Fare inspectors can intervene only if they've seen an offence personally.	Has six transit inspectors appointed as Special Constables. They do not carry weapons and are not able to make arrests.	Transit officials in both cities are armed with batons, pepper spray and handcuffs.	Vancouver's Transit Police carry guns and have the same authority as other police officers.	The NYPD polices the city's transit system. Officers are armed and have the authority to make arrests.	Most British Transport police are unarmed. Its special firearms unit, however, does carry guns.

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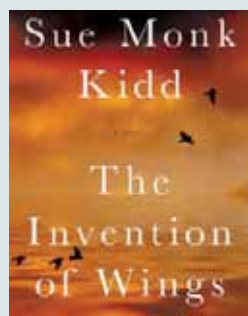


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The year's need-to-know books

Here at Metro, it's our solemn duty to spend the year reading all the latest books. Now it's time to present our annual cheat-sheet: We're offering up just enough information to help you sound like you've been reading all year too. These five books came out in 2014, but they'll still be dominating cocktail parties and casual conversation well into 2015. So if you're struggling to make small talk at that significant other's holiday work party, here are some suggestions.

EMILY LAURENCE
Metro in New York City



The Invention of Wings

By: Sue Monk Kidd

Two words: Oprah-endorsed. The Secret Life Of Bees author Sue Monk Kidd has another bestseller on her hands with her novel about a reluctant slave owner who forms an unlikely friendship with her slave during the 1800s.

Line to drop at a party: "What's interesting is that the principle character is based on a real champion of the African-American and women's rights movement, yet she's virtually unheard of. It makes me wonder what other women crusaders never made the history books."



Yes Please

By: Amy Poehler

Everyone is still talking about the Parks and Rec star's memoir, in which she chronicles the path from her early days of comedy to her Saturday Night Live career. She also gets real about her divorce from Will Arnett, past drug use, motherhood and how she feels about entering her 40s.

Line to drop at a party: "Amy is a classy broad. She talks about how heartbroken she was after her divorce without bashing her ex. That takes some epic restraint."

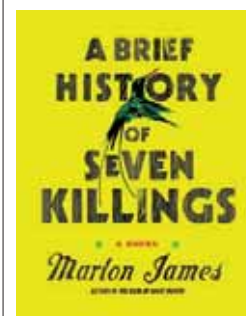


Not That Kind of Girl

By: Lena Dunham

Girls creator and star Lena Dunham dominated blogs with her book of personal essays. There are plenty of gems of wisdom such as, "Being treated like s—t is not an amusing game or a transgressive intellectual experiment. It's something you accept, condone and learn to believe you deserve."

Line to drop at a party: "I wish she talked about her friendships with the Girls cast more, and she only mentions Jack Antoff twice. What gives? Maybe it's harder for her to write about things that make her most happy than the things that give her extreme anxiety."



A Brief History of Seven Killings

By: Marlon James

Using an attempted murder on Bob Marley as a focal point, Marlon James tells the fictional histories of seven gunmen to expose the dangerous Jamaican climate during the '70s, '80s and '90s. Also, the 700-page tome is definitely not brief and it includes many more than seven killings. Just saying.

Line to drop at a party: "James narrates through dozens of different voices, yet it never feels disorganized or disjointed. That's what makes it genius."



All the Light We Cannot See

By: Anthony Doerr

This novel has dual narratives, both set in the Second World War: One is about a blind 16-year-old girl living in France and hoping to escape the bombings, while the other follows a guy named Werner who works for Hitler's side of the war, tasked with tracking down illegal radio transmissions. Their lives inevitably intercept in an anticipated, yet highly enjoyable climax.

Line to drop at a party: "The line 'Open your eyes and see what you can see with them before you close them forever,' changed my entire outlook on life."



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A rebel on the screen and off, Kirk Douglas counts crediting blacklisted screenwriter Dalton Trumbo on *Spartacus* as his most rebellious move. "I was much younger then, and I was much more stubborn," he says. CONTRIBUTED

Kirk Douglas reflects on his life of poetic passion

Life Could Be Verse.

Legendary actor, 98, shares poems, essays and photos about his family, career and wife of more than 60 years

Kirk Douglas is done with writing. The rakish screen legend with the famously dimpled chin made that abundantly clear on a recent afternoon at his Beverly Hills home, a few days before the release of his poetry collection *Life Could Be Verse: Reflections on Love, Loss, and What Really Matters*.

"To me, this is my best book, and my last book," said Douglas, seated next to Anne, his wife of more than 60 years.

It was a pronouncement that came up more than a few times. The *Spartacus* star, who just turned 98, has 87 films to his name, 11 books, and is one of the last living members of old Hollywood.

In some ways, *Life Could Be Verse* is his most personal



Anne and Kirk Douglas
THE ASSOCIATED PRESS

work, featuring poems from throughout his life, along with essays and family photos that help paint a picture of him as a man, a father and husband.

In an industry not known for domestic stability, Kirk and Anne may be one of the greatest Hollywood romances. Seated on a cozy couch in a home that is elegant, modest and lived-in, the couple recalled their first meeting in Paris. He was working on the film *Act of Love*. She was the publicist.

"I thought she was so beautiful, and I lowered my voice and said, 'Would you

like to have dinner?'" he said. "I waited for an answer and she said, 'No, I think I will go home, make some eggs and go to bed.'"

Anne had her own views about transient movie stars. A lot of her friends were going out with actors at the time. "I said to myself, I'm not going to do that," she said.

Then she attended a charity event where actors played the parts of circus performers. Douglas, sporting a tuxedo, decided his talent would be cleaning up after the elephants. "I held on until he picked up the elephant doo," she laughed. "That did it for me."

"Obviously she was looking for a garbage collector," Douglas chimed in.

A cute beginning is hardly noteworthy. Longevity is.

"Romance begins at 80, and I ought to know," he said. "I'm a romantic guy. You think I'm always shooting guns with John Wayne, but I can be romantic. And, listen, we're sitting here. We have been married for 60 years. A few poems help." THE ASSOCIATED PRESS

Internet star Zoella had 'help' with book

Novel. Publisher admits YouTube sensation did not pen her record-setting debut

Young British YouTube star Zoella, whose debut novel sold a record number of copies in Britain in its first week, has admitted she had "help" writing the book.

Girl Online became the fastest-selling work by a first-time author in Britain since records began in 1998, selling more than 78,000 copies in seven days last month.

Zoe Sugg, 24, became a YouTube sensation under the pseudonym Zoella when she started a "vlog," or video blog, in 2009, filled with fashion, beauty and life-style tips for young women and girls. She built up more than six million subscribers and went on to sign a two-book deal with Penguin Random House earlier this year.

But speculation had been mounting, however, that the first book, which tells the story of a teenage blogger and her relationship with a U.S. musician, was ghostwritten.



Responding to the claims on Twitter, Zoella wrote: "Everyone needs help when they try something new. The story and the characters of *Girl Online* are mine. I want to



Zoe Sugg
a.k.a. Zoella
INSTAGRAM PHOTO

thank all of you who have taken the time to support the book."

A spokesman for Penguin Random House confirmed Monday that Sugg did not write *Girl Online* on her own.

"For her first novel, *Girl Online*, Zoe has worked with an expert editorial team to help her bring to life her characters and experiences in a heartwarming and compelling story," he said.

Girl Online was an instant hit, outselling the debut offerings of Harry Potter creator J. K. Rowling and Dan Brown, author of *The Da Vinci Code*, as well as E.L. James' bestseller *Fifty Shades of Grey*.

Its success even led Bob Geldof to invite Sugg to sing alongside superstars on the Band Aid 30 single released to raise money to combat Ebola.

However, rumours started building that *Girl Online* was not Sugg's work, with *The Sunday Times* highlighting similarities with the world of author Siobhan Curham.

In the book's acknowledgements, Sugg thanks "everyone at Penguin for helping me put together my first novel, especially Amy Alward and Siobhan Curham who were with me every step of the way."

Penguin said it was proud to be able to help Zoe tell her story. "As publishers our role is, and always has been, to find the very best talent and help them tell their story and connect them with readers." AFP

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Commercial baby food feeds negative desires

Inventing Baby Food.

Nutrition professor says early exposure to bland food increases our natural craving for sugar, salt and fat

Where did baby food come from and where has it been? Cultural historian Amy Bentley, mom of three teenagers and an associate professor in the Department of Nutrition, Food Studies and Public Health at New York University, answers that question and more in a sweeping new book tracing how North Americans feed their infants. Her *Inventing Baby Food: Taste, Health and the Industrialization of the American Diet*, was published in September.

What did families do before baby food came along?

Before the 20th century, the age at which one fed an infant solid food was much later — somewhere between

nine and 12 months. The age today is between four and six months. In the 1950s and '60s, it was four to six weeks.

It was thought that you shouldn't feed infants fruits and vegetables until after the age of two. There was a lot of distrust over fruits and vegetables. It harkens back to medieval and earlier theories of the body.

Where do you stand?

I'm not against commercial baby food. The book is a story of the industrialization of food in the United States, and baby food is the case study.

As always there's trade-offs. The industrialization of food helps ensure a supply. It creates a low-cost supply of food so that more people can have more access to food, certainly compared to 300 years ago. Sometimes, that food is not made very well and that affects health and nutrition, but canned food provides convenience.

And that's part of the story of baby food. It provides a convenience for American

Mom consumers

The rise of mothers as the main family shopper helped drive demand for baby food. "It's an idea that really comes about in the early 20th century," says author Amy Bentley, "as you get the rise of mass production of goods, advertising, marketing, just a mass proliferation of consumer goods available that weren't before, so a mother's job of nurturer gets inextricably intertwined with a consumer."



mothers. It gives them greater mobility. It allows women to go to work.

How did baby food impact the palates of generations raised on it?

At the mid-20th century, it was made the way all other canned foods were made, with added sugar, salt, preservatives, things that changed the flavour and the vitamin content. That was what it meant to be a good mother, to feed your baby primarily formula and then commercial baby food.

What we're finding now, through research, is that babies learn through taste, and they learn from the get-go. Amniotic fluid is flavoured. Breast milk is flavoured. So infants are emerging already experiencing tastes and

or bland baby food that has high sugar or salt content, it limits the palate development. It limits the education of a child.

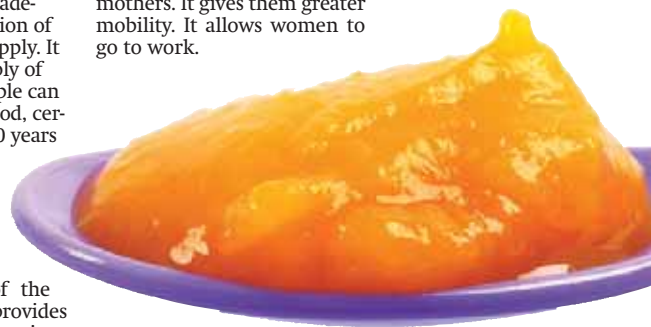
Humans are hardwired to crave sugar, salt and fat. That's evolutionarily one of the ways we've survived.

What is the state of the commercial baby food industry today?

It's still a very viable

market but it's declined in percentage points in the past few years. There's been a really interesting surge of small boutique baby food companies, primarily organics, developing new foods, flavours, very much influenced by local food movements... The rise of making one's own baby food is gaining strength.

THE ASSOCIATED PRESS



flavours. If that exploration and that education through tastes and flavours is muted or limited by monochromatic fluids



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Maisy, Pete and CC: Fun holiday tales for kids

Young readers. From cats and mice to a Santa for animals and the newest angel, these gift books will entertain children of all ages this Christmas

Looking to keep the kids entertained during long holiday car rides? Tell gift-buying elves to wrap up a book. Among this year's Christmas selections:

Board books

• **Maisy's Christmas Tree**, by Lucy Cousins: Maisy the mouse and pals Cyril and Tullulah prepare for the holiday, from trimming the tree to singing carols. One side of the book is cut out in the shape of a tree, something little ones might appreciate. Candlewick Press, ages two to five.

• **Dinosaur vs. Santa**, by Bob Shea: A smiley little dino wears a bright orange snowsuit, makes gifts for his parents and sneaks downstairs on Christmas Eve only to scurry back to bed due to someone in red ho, ho, hoing. Disney-Hyperion, ages three to five.

Cat lovers

• **Pete the Cat Saves Christmas**, created and illustrated by James Dean, story by Eric Litwin: In this retelling of *The Night Before Christmas*, the can-do kitty is called upon to deliver gifts when Santa falls ill. The feline's "minibus flew, just like in a movie" and Pete the Cat cried, "This is totally groovy!" Harper, ages four to eight.

• **Here Comes Santa Cat**, by Deborah Underwood, pictures by Claudia Rueda: There are jet-pack mishaps and dead-fish gifts for children, as a wily but mute cat holding placards on sticks to communicate impersonates Santa Claus to ensure he gets a gift after a particularly naughty year. Dial Books for Young Readers, ages three to five.

Snowy books

• **Blizzard**, by John Rocco: based on Rocco's childhood experience during the blizzard of 1978, when 40 inches of snow fell on his Rhode Island town — from the first flake right before recess to delivering groceries via sled on day six and the arrival of snowplows. Disney-Hyperion, ages three to five.

• **The Animals' Santa**, by Jan Brett: Meticulously drawn forest creatures await the ar-

rival of this special Santa. The animals recall gifts of Christmases past. There was a puzzle for the crows hanging from their tree branch and a brush to fluff his tail for the Arctic fox. A magnificent finish from the beloved Brett with a snowy owl in a starry Santa's cap and a basket full of booty strapped to his breast. G.P. Putnam's Sons, ages three to five.

Christmas spirit

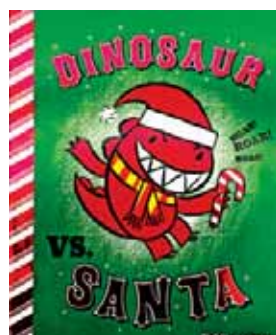
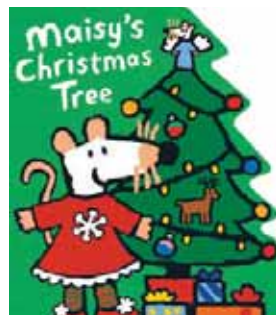
• **CC Claus: A Baseball Christmas Story**, written with Ray Negron, pictures by Laura Seeley: Yankees pitcher CC Sabathia enlists the help of George Steinbrenner and baseball stars of yore to help two boys in need of balls and gloves after their letter to Santa lands in Sabathia's fan mail. Ecco, ages five and up.

Box set

• **Puffin Hardcover Classic Box Set**: This gift set of hardcovers with colourful, textured bindings offers a wide range of books for young readers, including *A Little Princess*, *Anne of Green Gables*, *The Adventures of Huckleberry Finn*, *The Secret Garden*, *The Wind in the Willows* and *Peter Pan*. Puffin Classics, ages eight and up. **THE ASSOCIATED PRESS**

Old meets new

Star Bright: A Christmas Story, by Alison McGhee and Peter H. Reynolds. The newest angel tries to come up with a gift for baby Jesus. She hurtles down to Earth and becomes the star that lights up the night sky. The book contrasts a futuristic heaven with old-world illustrations. Atheneum, ages four to eight.



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Leis Anderson as The White Queen, Natasha Greenblatt as Alice - Photos: David Krovbit

Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES

Angelina Jolie ALL PHOTOS: GETTY IMAGES

That Sony hack is the gift that keeps on giving

Now that all the personal Social Security Number and salary dust has settled from the massive Sony hack, we're starting to get down to some good dirt. And let's just put it this way: Super-producer Scott Rudin likely won't be working with Angelina Jolie again. In blistering emails

back and forth with Sony chief Amy Pascal while trying to get their botched Steve Jobs biopic moving, Rudin continually bashed Jolie and her desire for a big-budget Cleopatra movie directed by David Fincher. How does Rudin really feel about Jolie? In his own words: "I'm not destroying

my career over a minimally talented spoiled brat," Rudin writes. "She's a camp event and a celebrity and that's all, and the last thing anybody needs is to make a giant bomb with her that any fool could see coming. We will end up being the laughing stock of our industry and we will deserve it."

Scarlett Johansson weighs in on pregnancy

In keeping with the grand tradition of famous people procreating, new mom Scarlett Johansson has weighed in on the topic of losing weight post-pregnancy, thanks to the probing questions of Barbara Walters. And Johansson is firmly on Team Breastfeeding. "It's the best way to get back in shape," she tells Walters during a 10 Most Fascinating People of 2014 special interview. "(I do) the whole bit. I'm nursing and I love it." So there you go.

Lily Allen tweets anti-Twitter tirade

Lily Allen is livid over gossip reports that she is "trying to grow up" and giving up alcohol. Seriously, how dare they suggest such a thing? Instead, Allen took to Twitter to suggest that we all give up ... Twitter? "Let's give up social media and the Mail Online. It's killing me. That is all," Allen tweeted, though it clearly was not actually all: "I feel like we're not evolved enough to handle the Internet, psychologically. I preferred real records and newspapers with news in them. Everything was just better and nicer. We were nicer. And I wouldn't be here." Here meaning Twitter, which she thinks we should all give up. Got it.

Avril facing health issues, asks fans to pray for her

Apparently singer and former Nickelback fan Avril Lavigne's current mysterious health issues are so serious that she's letting the hashtag #Pray-ForAvril be a thing — and even tweeting it herself. In a Twitter direct message exchange with a fan account, Lavigne revealed, "I feel bad because I haven't been able to say anything to the fans to let them (know) why I've been absent" and, "I'm not feeling well. I'm having some health issues. So please keep me in your prayers." Following the release of the exchange, a rep for Lavigne confirmed the health issues to Billboard while clarifying that the singer is not pregnant, despite speculation.



Avril Lavigne



Kim Kardashian

And God said, Let Kim Kardashian get fat

Kim Kardashian has an interesting take on pregnancy weight — and how much time God spends thinking about her. In an interview with Elle's

U.K. edition, Mrs. Kanye West says of putting on weight while pregnant: "I'd think God was doing this for a reason. He was saying: 'Kim, you think you're so hot, but look what I can do to you.' My body just went crazy. After five months I swore I'd never get pregnant again. I got so huge and it felt like someone had taken over my body."



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The Daily Dish



SHARON THURNELL ENSURES VICTORY OVER DIRTY DISHES AS OXICLEAN™ CONTEST WINNER



"We decided to give OxiClean™ a try and WOW. So impressed. It works. It cleaned the dishes and all the stuff all the others left behind. I will continue to use it"

— Sharon Thurnell

Congratulations to Sharon Thurnell of Kitchener for being our official winner of the OxiClean™ Dishwasher Products Prize Pack to keep her dishes sparkling, and a \$100 gift card for all her kitchen needs. For Sharon, gone are the days of cloudy stemware and scrubbing stubborn stuck on stains. Now she can have her cake, and a clean cake pan too.



Woman finds sunshine on a cloudy day

Recent bad weather seems to have no effect on the mood of Carrie of Winnipeg or her sparkling stemware. "In months nothing took away the cloudy film,"* she told The Daily Dish. But after discovering OxiClean™ Dishwashing 2-in-1 Booster + Rinse Agent, she's found that her grey skies, and dishes, have cleared up.

*"In months nothing took away the cloudy film."**

— Carrie, Winnipeg

Dishes dealt a holiday miracle

'Twas a few weeks before dinner, and all through the kitchen, a family was very busily wishin'. Not for presents and goodies, but for their dishes to be clean. For family was coming, and cloudy spots and film were clearly seen. When to their surprise, they went to the basement, discovering OxiClean™ Extreme Power Crystals™ Dishwasher Detergent Paks and OxiClean Dishwashing 2-in-1 Booster + Rinse Agent. A quick round of washing was all that they'd need, to save time to prepare for a family to feed. How their dishes sparkled and shined in all kinds of places, it was a cleaning miracle you could see on this family's faces.



All stories depicted within this advertisement are fictional in nature. *Quotes are from real consumer reviews submitted for OxiClean™ Extreme Power Crystals™ Dishwasher Detergent Paks and OxiClean™ Dishwashing 2-in-1 Booster + Rinse Agent on ChickAdvisor.com as of December 1, 2014. Reviewers received free product sample.

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†Source: ChickAdvisor.com reviews for OxiClean™ Extreme Power Crystals™ Dishwasher Detergent Paks. Percent of chicks who "dig it" as of December 1, 2014. Reviewers received free sample.

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Meet Imaan Hammam, the newest Victoria's Secret model

Style. The Dutch model shares the 'cheesy' secret to her homeland's catwalk success at this season's lingerie show

"Yeah, there's a lot of energy and fun here — and I love London," beamed Imaan Hammam amongst the hubbub of the Victoria's Secret hair and makeup area.

The 18-year-old was one of five Dutch girls, including the brand's contracted supermodel Doutzen Kroes, to strut alongside the other 26 models on arguably the most beautiful runway on the planet.

While being Dutch apparently helps, the stunner, who is of Moroccan-Egyptian descent, talks about her VS debut in Earls Court, London and what it takes for an 'Angel' to earn her wings.

There are quite a few Dutch girls walking in the show this year. What's your explanation for the takeover?

Yeah, five girls! I don't know ... we just have good food in the Netherlands. Yeah, it's the food and the cheese.

Any cheese in particular?
Young Belegen.

Is there much camaraderie between all the Dutch natives?

Yeah, we're doing a group picture later today with Doutzen and everyone.



Imaan Hammam struts her stuff during the Victoria's Secret fashion show at Earls Court on December 2, 2014 in London, England. The full show aired on CBS Tuesday night. GETTY IMAGES

Angelic ambitions

"You have to be powerful but also be yourself — that's what VS is about."

Imaan Hammam
Victoria's Secret model

Has it always been your dream to walk for Victoria's Secret?

Actually when I was young, I used to watch this show every year and then two weeks ago I had the casting!

Were you nervous?

I was dead nervous. I couldn't even believe it. And then two days after, my agency called me and they were like, "You're doing the show" and I was like, "Really? No way!"

It's your first time doing Victoria's Secret, so how did it compare to other shows?

Yeah, it's the first time. You have to train a lot.

Do you now have abs of steel?

(Flexes her muscles) Yep, you have to be powerful, but also be yourself — that's what VS is about.

Did you have to change your diet?

A lot of vegetables, smoothies and plenty of water!

Are you going to let your hair down post-show?

I'm going to the after-party, then straight to my hotel room and ordering room service — hamburgers, pizza ... everything. Now I need that stuff.

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Top wearable tech of 2014

2014 saw an explosion in fashionable tech, from dedicated fitness and health trackers to watches and augmented reality solutions. It also saw the luxury world sit up, take notice, and start collaborating with tech giants on a range of upmarket gadgets.

AFP



DVF Made for Glass

DVF & Google Glass

Google was, of course, one of the first on the scene when it comes to high-tech eyewear. Diane Von Furstenberg first incorporated the device into her Spring 2013 runway show to offer her fans a unique insider's perspective from the catwalk. This year, the American designer introduced five new Google Glass frame styles and eight sets of shades, all designed to create a little more fashion buzz about the wearable tech item which has had plenty of people buzzing about the potential of augmented reality.

Tory Burch & Fitbit

This year Fitbit found a stylish way to keep their fans happy. They teamed up with Tory Burch to create three pieces designed to accommodate the Fitbit Flex (\$99.95, sold separately). The lineup, which was released this summer, includes silicone-printed bracelets (\$38) in a choice of blue or pink, a brass fret pendant necklace (\$175) and a brass hinged bracelet (\$195).



Tory Burch for Fitbit pendant



Fendi & Beats

The Italian luxury brand teamed up with the now Apple-owned cult headphone brand for a line of luxurious over-ear cans, which were unveiled during the Spring/Summer 2015 menswear show in June this year. The headphones are crafted in Salleria leather and handstitched by Fendi's artisans. An ultra-luxe black crocodile leather version was also created to celebrate the launch, but the colour options include sunflower yellow, fire red, emerald green, blackboard and asphalt, all in ton-sur-ton design with the Fendi logo on the side and top.

Apple Watch

Apple's investment in fashion and luxury executives (including the former CEOs of Burberry and Yves Saint Laurent) shows its desire to be a mainstream luxury company. Also where Apple leads, others follow. Rumours about an Apple Watch have been swirling round the industry for years, now Apple is set to deliver a product, we'll see how revolutionary this technology might prove, especially with a luxury 18-Karat Apple Watch Edition model, looking to compete with high-end watchmakers.

The Apple Watch collection



Roberts nabs role as face of brand

Style. Givenchy has chosen Julia Roberts for its Spring/Summer 2015 campaign

American actress Julia Roberts is the new face of Paris-based luxury brand Givenchy for Spring/Summer 2015.

Last season Riccardo Tisci captured Erykah Badu for Givenchy; this time around the Italian designer hired Mert Alas and Marcus Piggott to photograph Oscar-winning actress Julia Roberts.

"I decided to make her more intellectual, more serious, more pure," he ex-

plained to WWD. "It's a different, fresh, new way to see Julia — really cool and urban, I think."

The 47-year-old actress was shot in black and white, wearing a lace look in one image and a slick yet boxy tuxedo in the other.

The tuxedo shot also appears in a diptych with a contrasting colour shot of a traffic cone with the Givenchy logo.

She's not the first '90s icon to appear in a major fashion campaign this season. Just last week, Madonna was unveiled as the face of Versace for Spring/Summer 2015.

AFP



Julia Roberts for Givenchy. CONTRIBUTED

SHINE HOLIDAY

HOLIDAY SHOPPING SURVIVAL GUIDE

PARKING YOUR SLEIGH:

To make your holiday shine a little brighter, we have our own elves to park your car for you! Our complimentary valet service is offered every week-end until Christmas!

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Will you be one of our lucky Festive Friday giveaway winners? Shop with a friend every Friday until Christmas for your chance to win!

CAPTURE THE MOMENT:

We know you've been nice all year long, and that's why we're giving you free photos with Santa every Monday to Wednesday! Ho, ho, ho!

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Visit Bayshore's Facebook, Twitter and Instagram feeds for the latest holiday deals!

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Fast, fabulous fixes for Festivus

There are only two weeks left to spruce up your place before the big day. Here are five changes you can make that will create the biggest impact — just in the nick of time



DESIGN CENTRE
Karl Lohnes
home@metronews.ca



Dyna-light!

Hang a sculptural light fixture for uber-stylish celebrations to set a tone that will last far beyond the holidays. Eurofase's Cameo 4-Light Pendant, \$1,228, Lowes.ca

Diamond in the rug

An authentic Moroccan woven rug will cozy up your seating area with its retro-warmth underfoot. Hebe Beni Ourain Berber, (5x9 feet), \$1,900, Indigo-AndLavender.com



Check it out

Your bed is the largest piece of furniture to make an impact with. Buffalo Check Flannel Cover Set, from \$95, Simons.ca

ALL PHOTOS: CONTRIBUTED

Curtain call

Update the smallest room in your house in the biggest way. Winter Wonderland Shower Curtain & Hook Set, \$40, BedBathAndBeyond.ca



Blanket statement

A trend-setting faux fur throw looks great at the end of the bed or slung over the arm of a sofa. Grizzly Faux Fur Throw, \$120, UrbanBarn.com

Through Dec. 14, with every \$5 donation by Urban Barn customers, a new fleece blanket will be donated to a local homeless shelter within the community as part of the Blanket The Country In Warmth campaign.

Craft one-of-a-kind gift wraps



Steven and Chris' three gift wrapping DIYs will make your loved ones gush. The style gurus absolutely love craft paper!

For one, it's thick and durable, which means it doesn't tear on the corners of presents like thin traditional papers do (don't you hate when that happens?). Secondly, it's a neutral colour, so you have the option of dressing it up or down. And lastly, craft paper usually comes in a large roll, which is perfect for wrapping extra large gifts. Steven and Chris' holiday specials air Dec. 15-19 at 2 p.m. EST on CBC Television.

TEXT BY MICHAEL PIHACH. PHOTOS BY ALEXIS GLINERT.

Framed picture

In lieu of traditional gift tags, here's how you can literally put your best face forward and create a window on your gift that features a photograph of yourself. Your kids will love it.

- 1) Measure out craft paper to your gift box.
- 2) Cover your gift, turn it over and draw a square in the corner. Cut out a window using a utility knife so that it creates a flap.
- 3) Print a photograph and tape it to the window so that it faces outwards.
- 4) Wrap your present and voila! No more need for gift tags.



Clay ornament

Dress up your craft paper by making a candy cane ornament out of clay.

- 1) Go to a craft or hobby store and buy red and white modelling clay (the kind that hardens up).
- 2) Make two rolls (one red, one white) and lay them side by side. Roll them together so they stick together. Slightly twist the rolls to create the illusion of a candy cane.
- 3) Bend the clay into whatever letters or words you like. Place your creation in the freezer for 20 minutes, then bake it in the oven for 15 minutes at 275 degrees so it completely hardens (or follow the directions as listed on the box of clay).
- 4) Fasten your ornament to a present wrapped with craft paper using ribbon. Your creation will glow on top of the craft paper's neutral backdrop. Just don't eat the candy cane!



Vintage cards

Here's one for all the upcyclers out there! Gather those Christmas cards you've saved over the years and use them to glam up your gifts.

- 1) Cut two slits into the back of an old card and feed a ribbon through it.
- 2) Wrap the ribbon around a neutral craft paper-wrapped present. Tape it down, cut off the excess, and you're done! The naturalness of the craft paper combined with your vintage Christmas cards will give your presents a festive and unique look.

As if French toast could get any better...

Cookbook of the Week

Waffle your faves



Daniel Shumski has done all the messy work of figuring out what foods will waffle and presents his findings (53 perfected recipes) in *Will It Waffle? Yes It Will!* Recipes in the book include Waffled Cuban Sandwich, Crisscrossed Crab Cakes, Crispy Sesame Waffled Kale, and Waffled Macaroni and Cheese. **METRO**

Waffled Chocolate-Stuffed French Toast with Whipped Butter.

An embedded layer of chocolate elevates this breakfast treat

Ingredients

French Toast

- 2 large eggs
- 1/2 cup milk
- 1/4 tsp pure vanilla extract
- Pinch of salt
- 4 slices bread, such as challah or brioche, cut thick
- Nonstick cooking spray
- 1/2 cup chocolate chips (semi sweet, bittersweet, or milk chocolate)
- 1 tbsp Whipped Butter (recipe follows)
- Powdered sugar, to taste

Whipped Butter

- 8 tbsp (1 stick) salted butter

1. Preheat the waffle iron on high. Preheat the oven on its lowest setting.

2. In a pie pan or deep dish, whisk together the eggs, milk, vanilla, and salt.

3. Place 2 slices of bread in the egg mixture and soak them until they've absorbed some of the liquid, 30 seconds. Flip the slices and soak them for another 30 seconds.

4. Coat both sides of the waffle iron grid with non-stick spray. Place a slice of soaked bread on the waffle

iron and pile a little less than half of the chocolate chips on the slice. Top with the second slice of soaked bread, close the waffle iron, and cook until the bread is golden brown and the chocolate is melted, 3 to 4 minutes. There should be no trace of uncooked egg mixture.



This recipe serves two. MAES STUDIO, INC.

5. Remove the French toast from the waffle iron and repeat Steps 3 and 4 to make the second batch. Place the finished French toast in the oven to keep it warm.

6. Slice the French toast into quarters. Pop open the "pocket" in each quarter and stuff the remaining chocolate chips into the opening. The

residual heat will melt the chocolate.

7. Top each portion with the Whipped Butter and dust with the powdered sugar before serving.

Whipped Butter

Whipped butter adds a restaurant-quality touch to the dish. It's best to use salted butter.

1. To make whipped butter, set out the butter at room temperature for 1 hour to allow it to soften. Once it has softened, put it in a mixing bowl and beat with an electric mixer on medium speed until the butter is fluffy and slightly lighter in color, 1 minute. **RECIPES EXCERPTED FROM WILL IT WAFFLE? YES, IT WILL BY DANIEL SHUMSKI (WORKMAN PUBLISHING). COPYRIGHT © 2014.**

Topping. Waffletons (Waffled Croutons)

1. If you're using bread, preheat the waffle iron on medium. If you're using waffles, preheat the oven to 450 F.

2. Crush the garlic cloves with the flat side of a knife blade. Place the garlic and the cubed bread or waffles in a medium-size bowl with the oil, cheese, salt, and pepper. Stir to combine. Allow everything to soak for 5 minutes, toss, and then allow to soak another 5 minutes.

3. If you're using bread: Place the soaked bread cubes in the preheated waffle iron, close the lid, and cook for 5 minutes before checking on them. The waffled croutons are done when they are mostly golden brown, though the waffle indentations may be darker brown.



This recipe makes eight cups of Waffletons. MAES STUDIO, INC.

Ingredients

- 2 cloves garlic
- 3 slices thick bread, or 2 Belgian-style waffles, cut into cubes
- 1/2 cup extra-virgin olive oil
- 1 tbsp grated Parmesan cheese
- Pinch of salt
- 1/4 tsp freshly ground pepper

If you're using waffles: Arrange the soaked waffle cubes on a baking sheet or in a cast-iron skillet and place in the preheated oven. Cook for 10 minutes, turning the cubes over with a spatula about halfway through and keeping an eye on them during the final 3

minutes to avoid burning. They should be a deep golden brown when finished, perhaps with a few blackened tips.

4. Serve the croutons with your favourite salad or sprinkle them on top of tomato soup.

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Be the hostess with the mostess

Tips. Host the perfect party this holiday season

**TERESA
CHIYKOWSKI**
For Metro

With Christmas only a couple of weeks away, the year's biggest party season has kicked into full gear.

If you are planning to play host or hostess this year, you will want to keep stress levels low by starting your party prep now. After all, you know how the expression goes — "failing to plan is planning to fail." And who likes to be stressed out before the holidays?

Failure won't be an option if you plan ahead. So how do you plan the perfect cocktail holiday party and be known among friends and colleagues as the hostess with the mostess?

Here are nine tips to help you out:

1 Manage your guest list. Make sure you don't go overboard when deciding who to invite. Keep numbers manageable, between 15 and 20 people, depending on the size of your space, of course. Anything more than this and you might consider hiring a caterer so you can actually enjoy your own party.

2 Send out invitations. Sending email party invites used to be considered bad form. Not so anymore. Times have changed, and using social media channels, such as Facebook, has become a popular practice for getting the word out.

3 Plan your menu. According to chef Michael Blackie of Next restaurant and catering in Ottawa, you should plan for a maximum of 20 pieces per person. Blackie also suggests making three "touch dishes," appetizers that only require you to use three ingredients. Can-

apés should be bite-sized for easy eating.

4 Deck the halls. Decorating your space is something you can do well ahead of time. Decide on your theme and colours and go from there. Magazines or websites have plenty of great ideas for making your home festive for the holidays.

5 Prepare as many dishes as possible ahead of time. No one wants to be up to their elbows in pâté and meatballs when guests are arriving.

6 Hire a professional cleaner. Avoid the mad scramble to make your house immaculate before your party. If you don't usually have help cleaning your house, treat yourself this one time — it will be well worth the money and you will love the way your house looks and feels.

7 Hire a teenager to help you serve and clean up. Why spend your precious time serving and clearing dishes when you can hire a friend's son or daughter to help? You will appreciate the extra set of hands and your young helper will welcome the extra cash during the holidays.

8 Practise responsible partying. 'Tis the season to raise a glass and toast to the holidays. Make sure you have non-alcoholic choices such as soft drinks, juice, water, and coffee for your guests. Ensure there are designated drivers so partiers arrive home safe and sound.

9 Enjoy your own party. The more prepared and less stressed you are, the more you will be able to mingle with your guests. If you are MIA and stuck in the kitchen all evening, you really can't be considered the hostess with the mostess — can you?

Car crash aftermath

Fractures in lower back force Newton out of lineup

Cam Newton will not play Sunday against the Tampa Bay Buccaneers while recovering from an automobile crash that left him with two fractures in his lower back.

Panthers coach Ron Rivera confirmed Wednesday that Derek Anderson will start and Joe Webb will be his backup.

"I won't expose him," Rivera said. "I don't want to put him in a bad position."

Newton was discharged from the hospital earlier Wednesday, a day after he was injured when his truck crashed and overturned in a two-car accident. Charlotte-Mecklenburg police issued no citations for the accident. **THE ASSOCIATED PRESS**

QB controversy

Redskins coach doesn't reveal starting pivot

Washington Redskins coach Jay Gruden Wednesday didn't name who his starting quarterback will be, in part to try and keep the firestorm over his choice from erupting as was the case earlier this season.

Colt McCoy sprained his neck when sacked by St. Louis defensive end Robert Quinn in the fourth quarter of last Sunday's 24-0 loss to the Rams, his second start since replacing the struggling Robert Griffin III.

McCoy expects to start again on Sunday when the reeling Redskins (3-10) visit the New York Giants (4-9).

THE ASSOCIATED PRESS



Connor McDavid, who broke his right hand last month, had his cast removed this week and is cleared for non-contact practice. AARON BELL/OHL IMAGES

Team Canada closely monitoring phenom

World juniors. McDavid has cast removed; status a question mark ahead of selection camp

The status of Erie Otters forward Connor McDavid remained a question mark on the eve of the Canadian team selection camp for the upcoming world junior championship.

McDavid, who hasn't played since breaking a bone

in his right hand on Nov. 12, had his cast removed this week and is cleared for non-contact practice. But Canadian head coach Benoit Groulx said it's still too early to know what to expect from the star player.

"We're going to talk with Connor tomorrow and obviously it's great news for us to have him on the ice to skate," Groulx said Wednesday in a phone interview. "We're going to discuss with him how he feels and he's going to be monitored by the doctor."

"Obviously it's going to be a day-to-day evaluation."

"We'll start from there and

see how it goes."

Groulx plans to meet with team brass and doctors on Wednesday night and Thursday to discuss McDavid's potential timeline.

McDavid, who has 51 points in 18 games this season, is an early favourite to be selected first overall in the 2015 NHL Entry Draft. He will likely be eased back but is expected to be ready for Canada's opener Dec. 26 against Slovakia.

Groulx is expected to ice a lineup that features several 19-year-old players with an emphasis on speed and skill.

THE CANADIAN PRESS

Eligible NHL players

The Canadian side got a boost this week when the New York Rangers confirmed that 19-year-old forward Anthony Duclair would be loaned to the team.

- NHL clubs have until the Dec. 19 roster freeze to decide whether they will loan players to the team. There is a chance Jonathan Drouin, Bo Horvat and Curtis Lazar could still be added.

Bouchard signs with sports management giant



Canadian tennis star Eugenie Bouchard hopes to "maximize the value of my brand" with sports management company WME-IMG. JULIAN FINNEY/GETTY IMAGES

Canadian tennis star Eugenie Bouchard has signed with WME-IMG, saying the sports management powerhouse will help "maximize the value of my brand."

The 20-year-old from Westmount, Que., jumped from 32nd to fifth in the WTA world rankings this year to become Canada's highest-ranked singles player ever.

She also made the Wimbledon final as well as the semifinals in the Australian Open and French Open.

"I have a great team around me and can't wait to get start-

Among the best in the world

7

Bouchard is currently ranked 7th in the world after reaching as high as fifth this year.

ed," said Bouchard, who recently parted ways with coach Nick Saviano.

Bouchard has also been signed by IMG Models with the goal of expanding her presence in the fashion industry.

"Genie's unique combination of talent, mental forti-

tude, and charisma make her the type of athlete who transcends sport and the unparalleled opportunities and partnerships across WME-IMG in areas including tennis, marketing and modelling will help ensure she reaches a new level of global success," said WME-IMG CEO Patrick Whitesell. "We look forward to working with her to achieve her goals both on and off the court."

Bouchard's management team will include agents from WME and IMG led by Jill Smoller with Brad Slater.

THE CANADIAN PRESS

Man City shakes off blues in Rome

Champions League.

Minus three superstars, Premier League champions top Roma to advance to tournament's final 16

Samir Nasri scored one goal and set up another as Manchester City won 2-0 at Roma on Wednesday to reach the knockout phase of the Champions League, eliminating an Italian side that still seemed to be feeling the effects of its 7-1 thrashing by Bayern Munich.

It looked as if Roma was set to go through until Nasri found the target with a long, rising shot on the hour mark. Then Pablo Zabaleta doubled the visitors' lead in the 88th following a perfect pass from Nasri.

Roma's best chance was a header off the post from Kostas Manolas in the 72nd.

Bayern Munich easily won Group E — considered perhaps the competition's toughest — with 15 points following a

Losses cause

Combined with Bayern's win, a 0-0 draw would have been enough for Roma to advance — which would have been no small feat following a devastating 7-1 home loss to Bayern in October.

3-0 home win over CSKA Moscow. City finished second with eight points, Roma was third with five and will play in the Europa League. CSKA finished last, also with five points.

The victory was all the more impressive considering City was missing its three top players.

Top scorer Sergio Aguero is out with a serious knee injury, star midfielder Yaya Toure was suspended, and captain Vincent Kompany sat out injured.

"I don't think that this team is just one player and I think that today demonstrated that," City coach Manuel Pellegrini said.

Entering the Stadio Olimpico, City faced a steep challenge

to avoid its second group-phase exit in three years.

City struggled at home in a 1-1 draw with Roma and in both matches against CSKA but had already showed signs of a recovery when Aguero scored a hat trick in a come-from-behind win over Bayern in the penultimate round of group matches.

"We recovered and I think we're playing exactly the same way we're playing in the Premier League," Pellegrini said.

Roma controlled at the start but failed to take advantage.

"In the first 15 minutes we could have done more and scored," Roma coach Rudi Garcia said. "But we were also unlucky. They hit the post and the ball went in. We hit the post and it bounced out.

"But they're more mature and have more experience in these types of matches," Garcia added. "We're still learning."

Without Aguero, Edin Dzeko spearheaded City's attack with support from James Milner, Nasri and Jesus Navas.

THE ASSOCIATED PRESS



Samir Nasri of Manchester City celebrates after scoring the opening goal in a 2-0 Champions League win over AS Roma on Wednesday night in Rome. Nasri also set up the insurance goal as City put aside its European struggles to qualify for the last 16 out of Group E. Scan the image with your Metro News app for a roundup of the rest of Wednesday's action.

GABRIEL BOUYS/AFP/GETTY IMAGES

World Cup 2018, 2022

FIFA boss contender questions bids

Investigations of the 2018 and 2022 World Cup votes should be given more time to finish, according to FIFA presidential contender Jerome Champagne.

Ahead of the FIFA executive committee reviewing the case next week, Champagne suggested Wednesday that the hosting status of Russia and Qatar were still open to question.

"I only hope that the truth will come," Champagne said. "We have time and that is why we need to do things correctly."

THE ASSOCIATED PRESS

MLB

White Sox ink deal with Robertson

Closer David Robertson and the Chicago White Sox have finalized a \$46-million US, four-year contract.

The right-hander, who turns 30 in April, gets \$10 million next year, \$11 million in 2016, \$12 million in 2017 and \$13 million in 2018 under the agreement announced Wednesday.

THE ASSOCIATED PRESS

MLB. Red Sox GM laments missed chance with Lester

Boston Red Sox general manager Ben Cherington says he wishes he had a little more conversation with Jon Lester last season.

Only hours after getting a goodbye call from Lester around 10 p.m. Tuesday before it was learned the lefty agreed to a \$155-million US, six-year contract with the Chicago Cubs, Cherington lamented that he wished things had gone differently when Lester was still with Boston.

"I think we would have liked to have had more chance for dialogue prior to the season," Cherington said Wednesday at the winter meetings. "Why that didn't happen, maybe there's more than one reason. I think we can certainly learn from the process. But we desired to have more dialogue prior to the season, and (we) made an effort during the season and weren't able to."

Lester had expressed interest last winter in re-signing with the team that drafted him in 2002.

But after Boston made in spring training a four-year, \$70-million US offer, Cherington said Lester and his agents were reluctant to talk again.

With the team falling in the standings, trading Lester to the Athletics at the July 31 trade



Jon Lester with the Athletics in August GETTY IMAGES

deadline made perfect sense for Boston. At that time, Lester said leaving the Red Sox doesn't rule out a return to the team next season.

But the Red Sox had a maximum contract offer in mind and it fell about \$20 million short of the offer made by Theo Epstein, the Cubs' president of baseball operations and former Red Sox executive.

Cherington said Boston made their final pitch this week during the winter meetings.

"We were given every chance to get to where we were willing to go," Cherington said.

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Sochi star Howell's success yet to sink in ahead of new season

Time to grow. With the 2018 South Korea games in mind, the champ is staying focused and back doing what she loves

Legacy

"I think when I'm old and, like 50, I'll probably realize what happened."

Dara Howell
On her gold medal win at the 2014 winter Olympics in Sochi



Dara Howell celebrates winning slopestyle skiing gold at the 2014 Sochi winter games THE CANADIAN PRESS/AP, MORRY GASH

Canada's Dara Howell had a hard time believing she was actually an Olympic gold medalist in the weeks following the 2014 Sochi Games.

The accomplishment still hasn't quite sunk in.

Some 10 months after making history in Russia as the first women's Olympic slopestyle ski champion, the 20-year-old from Huntsville, Ont., still has to pinch herself from time to time.

"I think when I'm old and, like 50, I'll probably realize what happened," Howell said with a laugh on a conference call. "But for now I'm just

enjoying it and taking opportunities that come my way and just keep moving forward."

Howell spent most of the summer off her skis, but that 'moving forward' she spoke of includes a Dew Tour event this week in Breckenridge, Colo.

"I'm just getting back into it, but things are coming back the way I want them to," said Howell, who also won silver at the 2013 world championships. "I think this season, it's more just having fun and doing what I love to do. That's pretty much it."

In slopestyle, athletes try to

impress a panel of judges with tricks and moves off jumps and rails, with degree of difficulty, style and execution factored into the scoring system.

Howell scored 94.20 points at the Olympics in conditions

that started off icy and fast before becoming slow and slushy as the event progressed.

With the next Games not until 2018 in Pyeongchang, South Korea, both Howell and Canadian teammate Kim

Lamarre — who won bronze in women's slopestyle in Sochi — view this season as an opportunity to grow.

"I'm looking forward to this year. I definitely want to not get ahead of myself," said Lamarre,

a 26-year-old from Quebec City, Que. "There's a lot of good girls that are coming back from injury that are young and hungry. I want to keep my head in a good place and work on my tricks at my own pace."

"This year is not the biggest year and I just want to make sure I stay healthy for everything that's coming my way."

Howell said life has been different since winning Olympic gold, but added that the title doesn't change how she prepares for events.

"I'm just trying to go out and do the best that I can do," she said. "I think that before the Olympics I put a lot of pressure on myself and I still think I put more pressure on myself than what anyone else can."

"The approach for this year is still to compete and still to have the mindset of competing and all that stuff, but I definitely want to keep progressing and keep learning new tricks."

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Make the most of today's positive influences to start something new. This is a great time for career matters and also for affairs of the heart.

♉ Taurus

April 21 - May 21

You will have to make sacrifices over the next few days but that's OK. You will get your reward later in the month when the Sun moves in your favour.

♊ Gemini

May 22 - June 21

Let others know what you think and feel, especially if you think you're out of your depth and feel you could use some help.

♋ Cancer

June 22 - July 23

You may come into money over the next few days — and it's possible that you will spend it all in record quick time! Mars in the wealth area of your chart warns others won't be pleased by your extravagance.

♌ Leo

July 24 - Aug. 23

Put your needs first today and don't feel guilty about it. Some people may say you are selfish, and maybe you are, but what of it? You have desires and every right to satisfy them.

♍ Virgo

Aug. 24 - Sept. 23

Don't let work get on top of you. There are many ways you can make life easier and the most obvious is to stop pushing yourself so hard. Everything will get done in its own time.

♎ Libra

Sept. 24 - Oct. 23

Some of the people you meet today and tomorrow could be important to you professionally or financially in the future, so be on your best behavior.

♏ Scorpio

Oct. 24 - Nov. 22

Look and act confident today, even though you may not feel it. If your rivals detect fear they will be after you in an instant.

♐ Sagittarius

Nov. 23 - Dec. 21

Mercury in your sign fills your head with lots of ideas, but how do you decide which are good and which are bad? You don't have to decide immediately. Note your ideas down and come back to them later.

♑ Capricorn

Dec. 22 - Jan. 20

The most important thing now is that you get your financial house in order and cut back on activities that waste your time and money.

♒ Aquarius

Jan. 21 - Feb. 19

If others have power over you it is only because you have given them that power — and it is in your power to take it back. Be forceful today but don't be emotional about it.

♓ Pisces

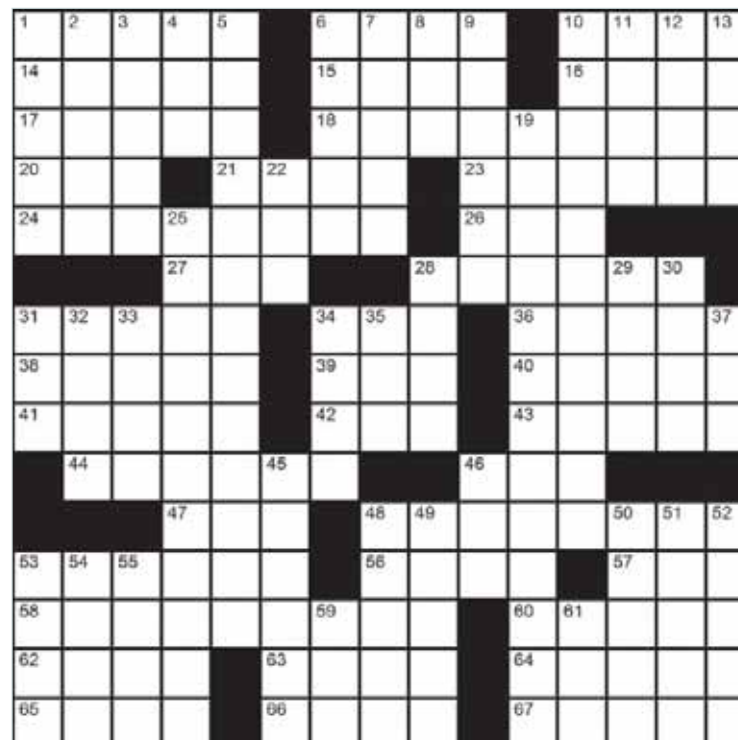
Feb. 20 - March 20

The more others say what you're trying to do is impossible the more determined you'll be to prove them wrong. Your confidence may waver but you should reach your goal.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. "I am the walrus / Goo goo '___' - The Beatles
6. Streetside serving
10. Designer Vera
14. Leader
15. Mr. Gruffudd
16. Ancient instrument
17. Canadian film-maker Mr. Brassard
18. "Boom Goes the Dynamite" Toronto rapper
20. Particular pan
21. Janis' comical hubby
23. "It's on me!": 2 wds.
24. Ontario's 'cow' village
26. Beirut's locale [abbr.]
27. "Really?" remarks
28. Montreal 'river'
31. Tony __, "The Commish" character
34. __ Fighters
36. Tine
38. Keyboard instrument
39. Deli serving
40. George Fox's "___ You My Word"
41. Old 'town' in France
42. Whichever
43. Kira __, "Star Trek: Deep Space Nine" character
44. Nut kind
46. Farming, briefly
47. Poet's 'far'



48. Sir John A. Macdonald burial city
53. Compete in the WWE, colloquially
56. CCR tune
57. "Sheila" singer Tommy
58. Squash sort
60. Astound
62. Stick __ in the

- lake
63. "___ minute?"
64. Appointed
65. Rove
66. Canadian artist Mr. Gaucher
67. __-turvy

Down

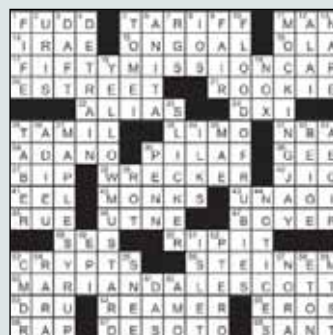
1. __ paper

2. Madrid's month-after-May
3. Taco kit brand, with Paso: 2 wds.
4. Poet's 'above'
5. Arctic: 'Aglu' is a __ made by seals in the ice
6. Manitoba town; or, 'Lord of the Rings'

- role
7. "I'll see __ Friday, then?"
8. Sprinted
9. Playwright Eugene
10. Restaurant for actors Donnie and Mark, and their chef brother Paul, with a new location in

- Toronto
11. Take __ (Drink some)
12. Songstress Ms. Hendryx
13. Stone hue
19. Landform viewed from Thunder Bay so-named because of its outline: 2 wds.
22. CV
25. The what includes Earth and Jupiter?: 2 wds.
28. Conniving
29. __ dire (Questioning process of prospective jurors)
30. Jealousy
31. Bawl
32. Dundee's li'l animal
33. Water: Spanish
34. Imperfection
35. 'Ball' suffix
37. Some stoves
45. Get-up-and-go
46. Plus
48. 1971 Donald Sutherland movie
49. Wee bits
50. The __, Charlie Chaplin's persona
51. Seepages
52. Dependent
53. Double __ Ranch (Setting on "The Roy Rogers Show")
54. Prefix to 'matic'
55. Plato's promenade
59. Pre-Dec. month
61. Chairman in "Revolution"

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	3	5	1	9	4	2	8	6
4	6	9	8	2	3	5	1	7
2	1	8	7	6	5	4	3	9
5	4	7	2	3	9	8	6	1
9	8	6	4	1	7	3	2	5
3	2	1	5	8	6	7	9	4
1	9	4	3	7	2	6	5	8
8	5	3	6	4	1	9	7	2
6	7	2	9	5	8	1	4	3

1			3					
		5	7			9		2
	2		4				6	
				2		6	3	
3								8
	8	6		5				
	6				3		7	
9		4			7	8		
				1			5	

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54,536km, Auto, A/C Stk: 36503

\$154***
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\$18,760

2012 KIA Sorrento 4WD
71,108km, 3.5L V6, Auto Stk: 35914

\$131***
bi-weekly



\$15,650

2013 VW Jetta 2.0L
50,480km, 2.0L 4 Cyl, Auto Stk: 35507

\$252***
bi-weekly



\$31,250

2013 Ford Edge LTD AWD
25,977km, Crus, Lthr, GPS Nav Stk: 35572

\$126***
bi-weekly



\$14,960

2014 KIA Forte LX
33,091km, 1.8L 4 Cyl, Auto Stk: 36054

\$90***
bi-weekly



\$10,750

2011 Mitsubishi Lancer ES
96,585km, Manual, 4 Cyl Stk: 36520

\$145***
bi-weekly



\$17,950

2013 Chevrolet Orlando AWD
39,758km, Cruise Stk: 35501

\$109***
bi-weekly



\$12,960

2010 Jeep Patriot Sport
41,794km, 2.4L 4 Cyl, Auto Stk: 36470

\$66***
bi-weekly



\$7,900

2010 Hyundai Accent GLS
80,924km, 4 Cyl, Auto Stk: 35305

\$126***
bi-weekly



\$14,960

2011 Nissan Altima SL CVT
72,272km, Xtronic Trans, Auto Stk: 34991

\$133***
bi-weekly



\$16,490

2010 Dodge Journey R/T AWD
73,507km, Roof, Cruise, Lthr Stk: 35895

\$99***
bi-weekly



\$11,840

2010 Dodge Caravan SE
117,004km, Auto, 3.3L V6 Stk: 34991

\$58***
bi-weekly



\$6,940

2010 Chev Cobalt
95,584km, Manual, 2.2L Stk: 36084

\$134***
bi-weekly



\$15,980

2011 Ram 1500 SLT 4WD
162,226km, 5.7L V8 Hemi Stk: 36361

\$112***
bi-weekly



\$13,850

2007 Cadillac SRX AWD
73,321km, Htd Seats, Lthr Stk: 36335

\$107***
bi-weekly



\$12,630

2012 Fiat 500 Lounge
60,537km, Manual Stk: 36201

\$100***
bi-weekly



\$11,870

2010 Ford Fusion SEL
79,155km, 2.5L 4 Cyl, Auto Stk: 36406

\$96***
bi-weekly



\$9,650

2009 Suzuki SX4 AWD
86,338km, Cruise, Htd Seats Stk: 36287

\$182***
bi-weekly



\$21,890

2012 Nissan Quest S 4WD
67,005km, 3.5L V6, Auto Stk: 36000

\$148***
bi-weekly



\$17,650

2011 BMW 323i M6
75,699km, 2.5L Auto Stk: 36177

\$251***
bi-weekly



\$29,900

2013 Toyota Tundra 4WD
26,202km, 4.6L V8, Auto Stk: 35312

\$129***
bi-weekly



\$15,350

2010 Honda CR-V LX
83,176km, 2.4L 4 Cyl, DVD Stk: 36417

\$257***
bi-weekly



\$31,900

2011 Acura MDX SH AWD
39,950km, Roof, Cruise, Lthr Stk: 35496

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